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Logic absolute
The Two-and-Seventy jarring
Sects confute:
The subtle Alchemist that in a
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Life's leaden Metal into Gold
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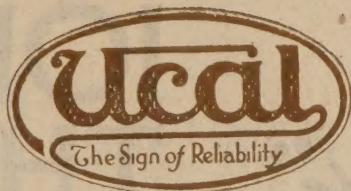
**WOOTTON'S, Cash Chemist,
33, LIVERPOOL ROAD, and 70, CHAPEL STREET
ISLINGTON.**

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22501249397



Medical Guide

CONTAINING A SHORT TREATISE ON
PHYSICAL CULTURE, TOGETHER WITH
A SERIES OF BEAUTY HINTS, AND
ALSO NOTES ON THE CARE OF BABY.

A SPECIAL SECTION IS DEVOTED TO
THE TREATMENT OF EVERY-DAY
COMPLAINTS, TOGETHER WITH
OTHER VALUABLE INFORMATION
FOR THE HOME.



Published by
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CHELTENHAM.

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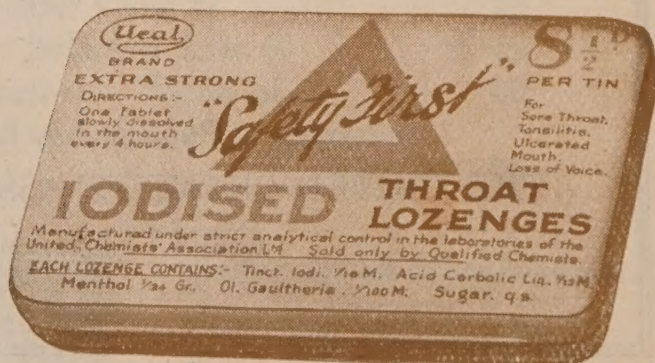
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Foreword

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FOLLOWING the advice of that eminent poet—Longfellow, who tells us to “Live that each to-morrow finds us further than to-day,” we have endeavoured to make this issue of the Ucal Medical Guide even more interesting than the 1926 Issue.

We found the “Beauty Hints” of our last number were so popular that we have again made them a special feature after being duly re-written; in addition we have amalgamated with these notes a short treatise on Physical Culture, which we trust will be equally well received.

So great was the demand for our last year's Guide, that we had to have a Second and Third Edition. This is very pleasing to us, as it proves that in issuing the Ucal Medical Guide we do much to further the confidence and friendship between our patrons, the Ucal Chemists and ourselves.

We wish to express the hope that you will find the year 1927 a happier one than 1926, and assure you that we are as anxious to serve, and earn your confidence, as ever.

United Chemists Association Ltd.

A sepia-toned illustration of a woman in a dark dress and apron standing on a staircase, looking down at a man lying on the steps. The man is wearing a light-colored shirt and dark trousers, and appears to be in distress. The illustration has a torn, hand-drawn style.

*Be
Prepared!*

*The Medicine
Cupboard.*

The articles mentioned below should
be kept in a dry place in every house-
hold and overhauled occasionally:—

FEVER CURER.

FOSTER'S POWDERS.

STICKING PLASTER.

BANDAGES (one each: 1 in., 2 in.,
2½ in., 3 in.).

SAFETY PINS.

SCISSORS, pair of.

MEDICATED COTTON WOOL or
BORACIC LINT.

BICARBONATE OF SODA (in a bottle
or tin).

CARRON OIL (a pint bottle filled with
equal parts Linseed Oil and Lime
Water, to be shaken when using).

LIME WATER.

IPECACUANHA WINE.

OLIVE OIL.

THERMOMETERS

(Clinical and Bath).

PERMANGANATE OF POTASH.

UCAL OINTMENT.

UCAL MEDICATED SOAP.

ANTIDOTES TO POISONS

(see Page 5)

STAINLESS IODINE OINTMENT

Poisons and their Antidotes

CALL IN A DOCTOR.

SYMPTOMS.	POISON.	ANTIDOTES.
Similar to Acid Acetic strong, with white blisters and breath smelling of carbolic.	Acid Carbolic (Phenol)	Wash out stomach with water of 60 Fah. containing one table-spoonful of Magnesium Sulphate or Sodium Sulphate in each half-pint of solution. Follow later with white of egg beaten up with milk or olive oil, half to one wine-glassful.
Mouth blistered, white or stained, acute pain, vomiting, tendency to suffocation, shock. Yellow or orange stain shows Black stain shows Red angry stain shows White blistering with smell of vinegar shows	Acids, strong. Acid Nitric. Acid Sulphuric, str. Acid Hydroch., str. Acid, Acetic, strong.	NO EMETICS.—Magnesia, milk of lime, chalk or carbonate of soda in water, followed when acid is neutralized by olive oil, gruel, milk or other demulcent.
Breath smells of bitter almonds, eyes fixed, pupils dilated, skin cold and clammy, insensibility, gasping respirations.	Acid Hydrocyanic (Prussic Acid) or Cyanides.	DO NOT DELAY. Cold water to chest and head, use artificial respiration, and give stimulants—brandy if able to swallow <i>ad lib</i> —or if unconscious, administer hypodermically brandy or Strychnine Sulphate 1/60 grain.
Leering, vacant expression, giddiness, pupils of eyes dilated, pulse strong, skin sweating.	Alcohol (Acute).	Cold douches to head, rouse patient and keep awake. Give hot strong coffee or tea. When recovered keep warm.
Mouth blistered and white, slimy to touch, acute pain, etc., as in "Acids, Strong."	Caustic Potash. Caustic Soda. Liquid Ammonia. Quicklime.	NO EMETICS.—Give common vinegar or a solution of Acetic Acid containing one tea-spoonful of the glacial acid per wine-glassful, or else solutions of Tartaric or Citric Acid of similar strength; or Lemon Juice. Later give Olive Oil, Linseed, or other demulcents.
General symptoms of irritant poisons with possibly odour of garlic in breath.	Arsenic, Salts of.	Give freshly precipitated Ferric Hydrate suspended in the minimum quantity of water in quantities of 1 to 2 table-spoonfuls, or failing this, treat as for irritant poisoning in general.
Stertorous breathing, characteristic odour of breath.	Chloroform.	Artificial respiration. Flick the face and chest with wet towel. If poison was swallowed give emetics, if patient is not insensible.
General symptoms with peculiar odour in breath, or vomit.	Iodine.	If detected immediately, emetics may be given. If taken some time give repeatedly two table-spoonfuls of saturated solution of Sodium Bicarbonate.
General symptoms with colic of stomach.	Lead Salts.	Give Magnesium or Sodium Sulphate one table-spoonful in a tumbler of water, after first treatment with emetics.
General symptoms with particular swelling of mouth and lips, and vomiting of stringy mucus.	Mercury Salts.	Emetics first, followed by repeated administration of a tea-spoonful Sodium Phosphate with an equal quantity of Sodium Acetate in 4 table-spoonfuls of water.
Rigid convulsions, with impeded respirations, feeble pulse.	Nux Vomica and Strychnine.	Give 0.5 gm. (or 8 grains) Potassium Permanganate, or 1.5 gm. (24 grains) Tannic Acid suspended in half tea-cupful of warm water, or animal charcoal <i>ad lib</i> . If possible use artificial respiration.
Excitement followed by headache and stupor. Pupils of eyes contracted to a point.	Opium and Morphia.	Emetics if possible, followed by Potassium Permanganate (0.5 gm. in half breakfast-cupful of water, or 8 grains in half tea-cupful). Then hot strong coffee, and flip the face and chest with a wet towel, and apply smelling salts to the nostrils.
Vomit luminous, and has characteristic odour.	Phosphorus.	NO OIL TO BE GIVEN.—Emetics first, followed later by milk or gruel.
Vomiting, faintness, weak sight.	Tobacco or Nicotine.	Emetics followed by stimulants.
Vomiting excessive, with quick pulse and breathing pain and paralysis of muscles.	Zinc Salts.	NO EMETICS.—Give milk and white of egg followed by repeated doses of Sodium Bicarbonate in saturated solution.

EMETICS FOR USE IN CONJUNCTION WITH THE ABOVE { One table-spoonful of powdered Mustard in $\frac{1}{2}$ pint of lukewarm water.
Two table-spoonfuls of table salt in 6-ozs. of lukewarm water.
Tickle the back of the throat with a feather, taper, or the finger, or
Give prepared powders of Ipecacuanha Pulv. (20-30 grains) in 2-ozs. of warm water

Medical Guide

Abrasion. Loss of skin caused by a graze or other accident. A minor ailment, but a frequent cause of septic or poisoned sores.

Treatment. Clean affected part immediately with weak disinfectant, such as Lysol or Boracic Acid. Ucal Ointment should then be applied freely until the new skin has formed.

Abscesses and Boils. Causes—Low general state of health, infection or accidental damage to the skin.

Treatment. Scrupulous care is necessary to prevent spreading of infection to surrounding tissues. Hot poultices (Linseed, Boracic, Starch or Bread are all suitable) are useful in bringing the inflammation to a head. An antiseptic must be used at every dressing, and the surrounding parts thoroughly cleansed. Ucal Blood Mixture is indicated as an internal treatment to restore condition to the blood; Ucal Blood Tablets are also recommended as an effective remedy. Ucal Ointment can be used freely after all the matter has been drawn out, to hasten the healing of the broken skin.

Cod Liver Oil Emulsion is highly recommended in all cases where a lowering of the general health has resulted.

Chronic cases need medical attention, and the patient should have plenty of fresh air and good food.

It is frequently found that a course of special vaccine treatment will entirely stop a general disposition to boils, and if attacks are frequent no time should be lost in consulting a doctor.

Acarus. A genus of mites which burrow beneath the cuticle and true skin, thus causing that very troublesome malady known as the itch. The treatment should be the immediate destruction of the trouble maker and its eggs. Sulphur Ointment should be rubbed well into the affected parts. All clothing worn during the continuance of the complaint should be thoroughly disinfected by washing them in water containing a little Ucal Lysol.

Acne. An eruption of pimples with blackheads to which youths of 14 to 20 are especially liable. The skin is greasy, flabby and anaemic, and the scalp often troubled with dandruff at the same time.

Treatment. A sulphur lotion applied frequently helps the normal action of the skin, and prevents the spread of the disease. It is best used in the daytime, care being taken that

it does not get into the eyes. Use Ucal Medicated Skin Soap, and take a good long walk daily.

Ucal Blood Tablets will be found most

useful in clearing the blood of all im-

purities. Greasy and rich foods must be avoided, and a good plain diet adopted. Obstinate cases sometimes require Vaccine & X-ray treatment.

Ague. Shivering fits such as attack those subject to Malarial relapses. The patient should rest, and quinine should be administered. The dose varies so radically with different individuals, that it is best to have medical opinion before giving more than five grain doses.

Anaemia. The treatment of this rather common complaint requires very careful management. The bowels should be kept well regulated by the use of a natural aperient water, such as Chelspa, or by a vegetable laxative. The diet should consist of lean beef, raw and lightly poached eggs, with plenty of fresh milk, vegetables and fruit; the following prescription is frequently given—it contains the necessary iron for which the blood craves:—Blaud Pills, gr. 5; if accompanied by lassitude or depression, triple syrup tablets (Hypophosphites).



Price,

10½d. per tablet.

Medical Guide

Anasarca. A kind of dropsy, indicated by the effusion of serous fluid in the membranes, inducing a condition in which pitting is possible, that is, when the flesh will retain the impression of the finger. Usually attributable to disease of the heart or kidneys.

Treatment. A doctor should be seen at once—but a regular course of Ucal Californian Backache and Kidney Pills will be found beneficial.

Anthrax. An inflammatory tumour or carbuncle, in many cases proving fatal. A very bad form of Anthrax may be obtained from using cheap brushes, such as Hair Brushes, Shaving Brushes or Tooth Brushes.



10½d., 1/6, 2/9 and 4/9 per bottle

Precaution. It is always advisable when buying new brushes to first wash them in a very strong disinfectant fluid—preferably a mixture of Ucal Lysol and water.

Appendicitis.—Can only be cured by an operation. Prevention is quite a simple matter, however, and if the bowels are kept well regulated, there is little to fear from this comparatively common complaint.

Apoplexy (Sometimes called a Stroke) is an affection of the brain which brings immediate unconsciousness. Medical attention is absolutely necessary.

First Aid. Restrain all unnecessary movement, raise the head and loosen clothing, especially round the neck. Apply ice or cold watercloths to the head, and put the feet in hot mustard and water. A dose of calomel is recommended by many medical men as an immediate purgative.

Arthritis (Rheumatoid). Commonly known as Poor Man's Gout or Rheumatic Gout. Caused by insufficient nourishment together with overwork and prolonged mental worry. One or more joints may be affected, and if excessive pain is produced by movement it is wise to have the attention of a doctor.

This disease is very apt to become chronic, and particularly when regular exposure to cold is part of the patient's vocation.

A course of Ucal Emulsion of Cod Liver Oil will be found very beneficial and will give considerable relief.

Asthma: A most distressing though not usually a fatal disease. During the attack of gasping and struggling for breath Ucal Asthma Fume should be burnt in the bedroom and the fumes inhaled by the patient. Strict attention should be paid to the diet—it must be light and regular—tea, coffee, condiments, and beef should be avoided. In some cases complicated by Bronchitis a doctor will prescribe Vaccine treatment, which often has excellent results.

The effect of various climates on asthmatic patients differs considerably, and whilst in general dry climates are more suitable to them, it is impossible to lay down any definite rule.

Backache. The most common type is due to Muscular Rheumatism, and is not, as is generally supposed, due to Kidney trouble. Massage with a good embrocation (World's Embrocation is particularly suitable) is excellent as a local application, whilst internally the Mixture made up according to the following prescription is sure to give relief:—Potass. Nitrates, gr. 5, Potass. Bicarb., gr. 10, Inf. Buchu add 1 ounce. To be taken three times daily after food.



1/3 and 2/-

Medical Guide

Bad or Foul Breath is always an indication of some internal trouble, which is more often than not found to be chronic liver. Decayed teeth, Catarrh, or Indigestion, all give distinctive and offensive odours to the breath. A gargle with Ucal Compound Glycerine of Thymol will often remove the unpleasantness, but the cause of the trouble should be sought and the correct remedy applied.

Baldness. May be caused temporarily by severe illness—in fact, a high fever is often accompanied by an apparent dearth of all life in the hair. In most cases this is curable. The most common type is that which occurs with advancing years. Although this is commonly supposed to be incurable, much can be done by systematic care to stop, or at any rate to delay, its progress. The best application is Ucal Hair Tonic, which should be gently massaged night and morning into the roots. (See "Hair, care of the.")

Bed Sores. Ucal Antiseptic Dusting Powder will be found most soothing and cooling: in addition it will prevent chafing from roughness of bed linen, etc.



Price,
8½d. and 1/4
per bottle.

Should attacks of this description be frequent, it is advisable to have the eyes tested for astigmatism or other trouble. The symptoms resulting from eye strain

Bile or Biliousness. A popular term for Migraine (Megrim)—Gastric Catarrh, Spots appear before the eyes and are followed by severe headache, vomiting frequently occurs, and the patient gradually reaches a state of collapse. A dose of Ucal Health Salt should be taken at once, and extra care taken with the diet. The accompanying headache will often be relieved by a dose of Aspirin.

due to such a weakness may easily be mistaken for those due to stomachic trouble.

Boils. See Abscesses, page (6).

Breathlessness. Shortness of breath when at rest or on slight exertion is often a serious symptom, and requires a careful examination of the heart and lungs by a doctor. Flatulence (excess of wind in the stomach) will cause temporary breathlessness, which will disappear when the cause is removed.

(For treatment see under Stomach).

Bronchitis. Often commences as a simple cold caused by exposure to cold and damp. It is usually accompanied by a feeling of chilliness, aching of the limbs and feverishness. Wheezy sounds are heard in the air passages, and often pains are felt in the chest. The patient should be confined to bed and the temperature of the room maintained at about 60° F. Rubbing with a good Embrocation, such as World's Embrocation, is beneficial.

The disease is most prevalent in cold damp climates, and in those subjected to rapid changes of temperature. Sufferers from Bronchitis frequently get a return of the complaint at irregular intervals, usually in the autumn or winter. They should avoid crowded rooms and places of amusement.

Bunions. Rest and hot fomentations and the subsequent application of Ucal Stainless Iodine Ointment will relieve the pain. Mild cases may be rectified by wearing socks with a separate compartment for the great toe, and a pad between this and the next. Severe cases require operation. Wear wide-toed boots with soft uppers.

Burns and Scalds. Immediate treatment will often prevent serious developments, and it is very necessary to keep the materials at hand so that no delay is occasioned should such an accident take

Medical Ucal Guide

The Sign of Reliability

place. The first thing to do is to exclude the air from the affected parts, flour or bicarbonate of soda answers the purpose very well. Carron Oil (equal parts of Olive or Linseed Oil and lime water) is a splendid first dressing, this should be applied on cotton wool or clean linen and renewed once a day. If a large surface of skin is injured or the burn be very deep, medical aid should be sought at once.



1/3 and 3/-
per jar.

When the healing process has commenced, Ucal Ointment may be applied freely and will assist the formation of new skin.

Catarrh. Inflammation of the mucous membrane (the sensitive membrane in the nose), which is accompanied by discharge from the nose, and frequently by headaches and running of the eyes. Nazol is a specially prepared soothing balm which relieves the clogged nasal passages almost immediately.

Chafing of the Skin. Very apt to occur in babies where any two moist folds of skin come together. Wash and dry carefully, and dress the surface with Ucal Antiseptic Dusting Powder.

Chapped Hands. Usually due to insufficient drying of the hands after washing in cold water. Lanoline is a good



Price

3d. per tablet.

as it restores the elasticity of the skin and heals the painful cracks in a very short time.

healing and softening application. A water softener can be used with advantage should the water supply be exceptionally hard. Ucal Skin Tablet will be found of remarkable value in chronic cases,

Chicken Pox. An acute infectious disease characterised by the appearance of successive crops of small red spots. The spots form a scab in about six days which falls off in a few more days. Any part of the body can be attacked by this eruption, and the scalp is frequently affected. To distinguish from mild cases of small-pox—with chicken pox there is *no* previous pain in the back, and the spots have *no* central depression. In small-pox the fever subsides when the rash appears, whilst in chicken-pox the reverse is the case.

Children are the most liable to chicken-pox, which takes thirteen to twenty days to appear. Infection ceases when every scab has fallen off, particular attention being paid to the scalp.

Treatment. Confine to bed and keep up the strength on a light diet. If at all doubtful whether small-pox is indicated, call in the doctor.

Chilblains. Persons subject to these should be careful to wear loose warm clothing, and to avoid exposing the extremities to extremes of heat and cold. Ucal Chilblain Paint is sure to give relief. Plenty of nourishing food should be taken, and as much fat, butter, cream, etc., as can be assimilated. A course of Ucal Emulsion of Cod Liver Oil will be found most beneficial in giving the added nourishment which is so essentially needed. Avoid tight boots, and see that the soles are thoroughly watertight, wash-leather socks are a splendid preventative.



Price

1/- per bottle.

Cholera. In this country is usually of a mild form, and is most frequently caused by drinking contaminated water. Asiatic Cholera is very dangerous, and needs the most efficient medical attention (See Diarrhoea).

Medical Guide

Colds. Can be prevented by the exercise of great care. Avoid hot stuffy rooms and public places, breathe through the nose, and gargle with a good antiseptic, such as Glycerine of Thymol, after being exposed to infection. Take Ammoniated Quinine at the first sign of having caught a cold. If the chest is affected, rubbing with Chillie Paste will often loosen the cough and give great relief.

Inoculation with a special vaccine has proved very successful in counteracting a tendency to take colds at frequent intervals. Don't neglect a cold—it is a danger both to the sufferers and all those who come into contact with them. Ucal Pine Inhalant, sprinkled on the pillow at night is often very successful in assisting the cure. Handkerchiefs, towels, etc., are all carriers of germs, and care should be used to avoid infection by these means.

Colic. If there is any possibility of this being merely a symptom of some underlying serious condition, call in a doctor at once. Simple Colic can be relieved by taking a couple of drops of Oil of Peppermint on sugar, and following it up by a table-spoonful of Castor Oil. Colic in hand-fed babies may be due to over feeding, inappropriate diet, or want of cleanliness of the feeding bottle. Remedy these, and give Infants' Gripe Mixture.

Constipation. The commonest complaint of modern humanity, it is the root of many more serious diseases, and afflicts alike all conditions and ages of men. Many and varied are the remedies offered to the public—most of them are merely relieving agents, and do not eliminate the cause. Cascara Sagrada (the extract of a special tree-bark) is undoubtedly one of the best and safest medicines—Cascalax is a peculiarly convenient and agreeable form of this medicine. Children require usually a very mild form of Laxative, and Ucal Syrup of Figs is ideal for even the weakest

child. Attention should be paid to the diet if the complaint shows any signs of becoming chronic. Fresh fruit, prunes, coarse or brown bread should be taken regularly, and are most effective at breakfast time. Green vegetables and a reduction in the quantity of meat are also helpful.



Price
1/1½ and 2/- per bottle.

Every effort should be made to prevent this weakening and life-sapping complaint from becoming chronic. Open air exercise, abstention from alcohol, and a fixed determination to establish a regular habit, are of vital importance.

Convulsions in Children. First Aid—Place the child in a hot bath (F. 98 or blood heat), administer a dose of Castor Oil, and send for the doctor. As a preventative during Teething Dr. Foster's Powders are extremely effective.

Corns and Bunions. The common practice of cutting or paring corns and bunions has been entirely superseded by the most up-to-date medical way of killing the corn by the application of the correct drugs. Pax is specially compounded for use as an external application to completely eradicate them. It is important in treating both corns and bunions that correctly shaped footwear be worn.

Coughs. Often due to secretion from the nose irritating a sensitive throat (For

Medical Guide

treatment of nasal trouble, see Catarrh). Those liable to coughs should take Cod Liver Oil during the winter and early spring, as it increases the bodily resistance to cold, and renders the cough less liable to become chronic. Ucal Bronchial Lozenges are a handy and effective means of subduing a cough, and can be taken freely without fear.



9d. and 1/6
per tin.

It should be noted that a cough is not in itself a disease, but is the result of some affection of one of the respiratory organs. Continual coughing actually sets up irritation, and should not be treated lightly—medical opinion should be taken if it persists.

Croup (Spasmodic). First Aid—Place the child in a warm bath (F.98 or blood heat) into which has been sprinkled an ounce of mustard. A tea-spoonful of Ipecacuanha Wine may be given to produce sickness pending the arrival of the doctor.

Prevention. In cold weather the child should be clothed from head to foot in warm woollen clothes, the throat and neck may be sponged daily in cold water to harden the tissues and lessen the sensibility to cold.

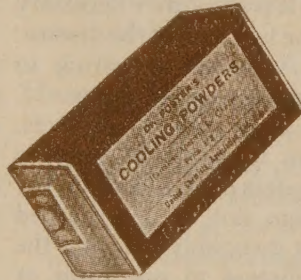
Dandruff. See "Hair, care of the."

Debility. A lack of vigour in any part of the body due to overstrain or malnutrition. Often a general state of lassitude and disinclination to use any energy. Ucal Syrup of Hypophosphites Compound provides just the correct strengthening tonic required.

Dentition, Disorders of. (Teething troubles in children). The first tooth makes its appearance about seven months after birth in an average

healthy child, and the full set of twenty milk teeth are usually cut by the age of two years. This period is characterised by

many troublesome little illnesses. As each tooth comes to the surface there is a considerable amount of irritation and often a rapid rise of temperature



Price 1/3 per box.

(particularly in the morning). Diarrhoea, especially during the summer, is often attendant, and should be carefully checked. Dr. Foster's Powders are invaluable as a general medicine during this period. Cleanliness of the mouth must be constantly attended to.

The second set of teeth commence to appear about the age of six, and the health of the child often suffers as much, or more, than in the first period. Diarrhoea should not be checked too suddenly, and it is nearly always safe to administer Castor Oil as a preliminary to Ucal Diarrhoea Mixture.

Diarrhoea. If not dependent upon some disease of the bowels give a liberal dose of Castor Oil. When this has acted and pain subsides, give Ucal Diarrhoea Mixture. Avoid hot foods and drinks, vegetables, and meat. Boiled milk, arrow-root, sago, or rice may be taken at frequent intervals. The Summer Diarrhoea of young children requires medical attention.

Diphtheria. An infectious and sometimes epidemic disease characterised by the formation of a whitish coating on the mucous membranes of the throat, nose, and larynx. The tongue is usually coated with white fur, and is red at the tip. Swallowing is difficult and constipation present.

Medical Guide

The treatment is by anti-toxin, and requires experienced medical supervision. As the severity of the attack is regulated, almost invariably by the early commencement of treatment, it is absolutely necessary to call a doctor at the first sign of the disease.

Dysentery. A disease occurring in many forms in various parts of the world. It is most prevalent in malarial districts, and is very prone to occur in military camps. The presence of blood in the stools is a symptom not to be regarded lightly, as it almost invariably indicates the presence of this disease in one form or another. Immediate medical treatment is necessary.

Preventative Measures. Dysentery can be avoided by perfect sanitation, a pure water supply, and the provision of good, well-cooked food, which should be as varied as possible.

Ear-ache. In most instances is due to acute inflammation of the middle Ear. It may also come from wax, boils, Eczema, or Neuralgia, affecting the canal into the ear. Have the teeth examined, as the pain from a bad tooth may be the cause of the trouble. Hot fomentations put over the ear, and a small mustard leaf behind, will relieve the pain. Neither syringe the ear nor put drops into it. If the pain persists consult a doctor.

Eczema. A term which is popularly used for any type of skin eruption, whether of mild or acute form. The most common form of complaint is that in which discharging sores appear upon the surface of the skin, accompanied by acute irritation and a general lowering of the bodily health. Great care must be taken to avoid spreading the trouble, and scrupulous care in burning dressings, etc., is very necessary.

Washing the affected parts must be done very carefully—soft water and a suitable soap are most essential, to be followed by a dressing of Ucal Ointment.



Price
1/3 and 3/-
per jar.

Ucal Medicated Skin Soap is specially made for use of sufferers from any skin complaint. It does not irritate any sore places and is really helpful in healing the diseased parts, and prevents recurrence

Erysipelas. (St. Anthony's Fire). This is a Notifiable Infectious Disease, and requires medical attention. Strict isolation should be observed. The responsibility of the patient should be given to a medical man.

Eye, Disorders of. Physical Diseases of the Eye, Eyelids, etc., are too vital to be neglected for a moment. It is outside the scope of this work to do more than recommend immediate recourse to a specialist should anything of this nature manifest itself.

Weakness of sight should also receive attention as soon as it becomes known. Go to your nearest Ucal Ophthalmic Chemist, who will examine and test the eyesight free, and recommend suitable glasses or spectacles if they are necessary. Frequent headaches, sickness or dizziness are often no more than Nature's warnings that the eyes need assistance. It is quite in the natural order of things that as a person gets older the sight becomes "longer"—that is to say, that glasses of some description are needed for reading.

Eye (Foreign Bodies in). Insects, pieces of dust or grit, should be removed as quickly as possible. A loop of thread or a small swale of cotton on a matchstick makes the most convenient means. Never rub the eyes, it only causes inflammation and does not relieve irritation. Ucal Eye Lotion is the best application to use if the eyes are inflamed or overstrained.



Price
per bottle.
1/3

Medical Guide

Fainting. Lay the patient down with the head low, and loosen the garments about the neck and chest. When consciousness returns, and not before, a tea-spoonful of Sal Volatile in half a tumblerful of water may be given. A threatened attack of fainting can often be prevented if the patient will bend down with his head low, as if to unlace the shoe. Ucal Smelling Salts (either Lavender or Cologne) should be carried by persons subject to faintness, and if used in time will often ward off an attack.

Feet. The care of the feet is a very simple process, but often neglected even by those who are dependent on having their feet in the most perfect condition in order to carry out their daily occupations. The feet should be washed once a day, and if there is any tendency to tiredness or ache a footbath of "Joy Walk" Bath Salts (Oxygenated) will act like magic. If the feet perspire excessively in hot weather, a little foot powder should be dusted into the socks.

Fever. An abnormally high temperature of the body is a definite symptom of many diseases, and usually is an indication that medical attention is required. A clinical Thermometer should be kept in every household, and the temperature taken at the first sign of illness. Normal temperature is 98.4.

Flatfoot. Can frequently be cured by the use of a well-fitted appliance, and the constant practice of tip-toe exercises.

Flatulence. The formation of gaseous matter in the alimentary canal due to some disorder of the Stomach. For complete treatment, see under that heading.

Gastric Fever. Another name for Typhoid Fever, which see.

Gout. See Rheumatism (page 17).

Gravel. See Kidney (page 15).

Growing Pains. A large proportion of the slight pains in the limbs and joints of children or young persons, are definitely

due to rheumatism. Rest, preferably in bed, should be insisted upon, and Ucal Aspirin prescribed. If these pains are accompanied by a considerable rise in temperature, a medical man should be consulted.

Hair, Care of the. The appearance of the hair is with most people a fair indication of their general bodily health—no part of the system is more susceptible to a change in the physical condition of a person. Unremitting care is needed, therefore, especially during illness, to keep the hair healthy, and thereby maintain its "life" and gloss. Most cases of baldness are preceded by a disease of the scalp, known as Seborrhoea (greasy or dry scalp, scurf or dandruff). Precautions must be taken immediately this malady is noticed.

As long as the small hair follicles are alive, new hair can be grown to replace that which is falling out. Ucal Hair Tonic should be well massaged into the scalp night and morning with the finger tips or a stiff brush, the friction being just as necessary as the tonic, which stimulates the scalp, and feeds the wasted tissues which produce the hair.



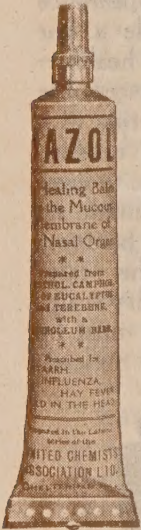
1/3, 2/3, and 4/-

Ordinary Soap should not be used for washing the hair, as it has a tendency to dry on the scalp and encourage the formation of scurf. The best shampoo is undoubtedly "Shampooa," the Super Shampoo, which softens and preserves the hair, and adds to its natural wave and beauty of tint.

Hair brushes should be kept scrupulously clean, and the grooming of the hair should be done very thoroughly at least once a day.

Medical Guide

Use good stiff bristles, and brush for five or ten minutes. Fresh air and sunshine are good for the hair, especially after it has been washed. Nothing responds more quickly to care and the time spent on it than the hair, and nothing so quickly loses tone if it is neglected.



Price
1/-
per tube.

Hay Fever. A distressing but non-dangerous complaint which attacks quite a large proportion of people in the British Isles every summer. The presence of pollen in the air is sufficient to induce an attack, and liability to recurrence lasts from four to six weeks each year. Residence at the seaside during the month of June is helpful in lessening the severity of the symptoms. Palliatives such as Smelling Salts, Nasal Douches, and cold shower baths, give a certain measure of relief. Nazol, a soothing aromatic balm, should be applied inside the nostrils each night.

Herpes. See Shingles.

Headaches. Are warning signals which should never be neglected; they can arise from innumerable causes, and their origin should be ascertained at once. Very frequent headaches indicate overstrain of the eyes and the need of glasses. Bad teeth, too, have a tendency to bring frequent headaches, and a dentist should be consulted if any teeth are decayed; disorder of the digestive system is often indicated, and the headache will in this case usually disappear if a laxative is taken immediately. Relief can be obtained by taking Kapsal Powders, which are perfectly safe and free from habit-forming drugs—Ucal Aspirin is also a useful specific for many constitutions.

Heartburn. See Stomach (page 19).

Hoarseness and Loss of Voice. Have the throat and chest well rubbed with a good embrocation and rest the voice. Take plenty of fresh air and avoid stuffy rooms. Bronchial Lozenges may be used freely to ease the husky feeling.

Housemaid's Knee. Inflammation about the knee, accompanied by a good deal of pain. The limb must be rested and the swelling painted with Ucal Stainless Iodine Ointment. On alternate days it is advisable to use Ucal Ointment to prevent the skin cracking; continue the treatment until every trace of swelling has vanished.



Price
1/3 per jar.

Hordeolum. A sty or tumour on the eyelid, resembling a barley corn.

Treatment. Regular bathing of the eye with a solution of Ucal Antiseptic Eye Lotions will ease the pain, but a doctor should be seen without any unnecessary delay.

Indigestion. See Stomach.

Influenza. A dangerous illness, often epidemic, and of recent years exceptionally virulent and far reaching in its visitations.

However mild the attack, the patient should go to bed, take a laxative and be placed on a light diet until the fever subsides. The temperature should be taken frequently, and the doctor called in if it becomes very high. Ucal Cold and Influenza Mixture is the standard Medicinal treatment, and is wonderfully effective if taken in the early stages of the disease. It should be kept in every household in readiness to administer on the first sign of the influenza symptoms.

Preventative treatment is very successful if systematically carried out. During an epidemic all public buildings should be avoided as much as possible, plenty of

Medical Guide

exercise in the open air and a sufficiency of good plain food will go far to render the body impervious to the attack of the germ. A disinfectant gargle should be used as frequently as possible, and a Ucal Formalin and Mint Tablet dissolved slowly in the mouth if one has to travel in the same carriage or tram with possibly infected persons.

Those weakened by Influenza or who seem specially liable to the infection will find Ucal Cod Liver Oil Emulsion the finest way of building up bodily strength and resistance.

Itch or Scabies. An infectious disease caused by a small organism which burrows under the skin, producing severe irritation. The parts most subject to attack are the soft skin between the fingers and toes, the wrists and abdomen. Scratching quickly spreads the complaint, so that prompt treatment is most essential. Bathe with Sulphur Soap for three days; the Soap must be used freely and well rubbed in. After each bath use Sulphur Ointment. On the fourth day use Ucal Ointment. All infected clothing must be stoved to prevent a recurrence.

Jaundice. A disease caused by some obstruction to the Bile Ducts, and is easily recognised by the yellow colour exhibited by the patient's eyes and skin. As there are many differing circumstances which may have tended to produce the symptoms self-treatment is apt to be unwise. It is safer to administer castor oil, put the patient to bed and call a doctor.

Kidney and Gravel Complaints. When disease of the kidneys is suspected the doctor should be consulted at once. Meantime, if much pain in the back is felt, the application of hot moist bran poultices should give relief. The Californian Backache and Kidney Pills have proved an excellent remedy for Backache, Gravel, Lumbago, and Sciatica. Chelspa is also a great help, and is prescribed by medical specialists in these complaints.



Price
2/6 per bottle.

Liver. The Liver is the largest glandular organ in the body, and unless its purpose is being fulfilled with unfailing regularity the bodily health suffers immediately. The habits and customs of the individual have a great influence on the state of the Liver. Excess in eating or drinking—neglect of the daily functions, lack of exercise, fresh air and good food, all have their immediate reactions on the Liver. The Liver in turn influences the mind and body of the individual. It is a sound habit to take a small quantity of Hepatic Salt in a tumblerful of cold or tepid water every morning before breakfast. The amount required by different people varies from a salt-spoon to a tea-spoonful. The excessive use of alcohol is one of the causes of the degeneration known as Cirrhosis, and in all Liver complaints Alcohol should be avoided on account of its irritating properties. The bowels must be well evacuated every day, and the patient is advised to take at least three pints of water daily between meals.

Lumbago has no connection with the Kidneys, although the pain is referred to the region in which they lie. A turpentine stupe or a couple of mustard leaves applied to the affected part will relieve the pain. Massage with World's Embrocation is helpful, and exercise, to improve the circulation in the lumbar region, will eventually drive it away. Keep the bowels well flushed.

Lungs, Diseases of. The Lungs are subject to many diseases, some of them common and none without danger to the patient. The treatment of Pneumonia, Consumption, Inflammation or even simple Congestion is so fraught with the possibility of complication as to be outside the scope of this book. A doctor should be consulted at the first sign of Lung trouble.

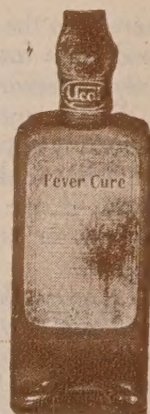
Medical Guide

Measles. A very infectious disease which is frequently epidemic amongst children. It attacks adults of all ages, but not with the same frequency as is observed with those under 14 years of age. Although in itself not a dangerous disease, it is so liable to leave weakness and complications behind that most careful nursing is necessary. The disease can be recognised by the spots which appear first near the temples and behind the ears, afterwards spreading over the whole body. Children in the same house should be isolated as far as possible and should not attend school. A child who has had measles should not return to school under three weeks from the appearance of the rash. During the attack and immediately afterwards every care must be taken to avoid a chill. The administration of Ucal Cod Liver Oil Emulsion is indicated as being calculated to restore the vitality and bodily strength more quickly.

Migraine or Sick Headache is commonly limited to one side of the head, and associated with nausea and vomiting. It is not always possible to prevent attacks coming on, but they can often be stopped by taking two or three Tablets of Aspirin, lying down absolutely quiet in a darkened room, applying cold water, or preferably, Lavender Water to the head, and abstaining from food. If the complaint is inclined to become chronic and attacks frequent, it is better to consult a doctor and find out the underlying cause. Should there be nervous or great physical weakness after an attack, Ucal Emulsion of Cod Liver Oil will be found most beneficial.

Mumps. A contagious epidemic disease which is due to inflammation of the salivary glands situated on either side of the lower jaw. It commences with more or less fever, swelling at the angle of the jaw, which gradually spreads to the face and neck in the vicinity of the gland. The patient should remain indoors. Hot

fomentations should be applied to the swelling. The diet should consist of milk, milk and soda, chicken and mutton broth, etc. As an internal medicine give Ucal Fever Cure. The neck and parts affected may be gently rubbed with World's Embrocation, and keep the bowels open—it is advisable to give a dose of laxative immediately the complaint manifests itself.



Price
1/- per bottle.

Considerable debility and anaemia may persist after the illness, and it is necessary to administer a tonic food for some considerable time. Ucal Emulsion of Cod Liver Oil is ideal for the purpose.

Nails, Ingrowing. Is practically limited to the toe-nails, particularly affecting the great toe. The nails should be kept cut short, square across, and not trimmed down the corners. Loose-fitting boots must be worn. Two or three times a day a little piece of lint, well soaked in Ucal Ointment, should be packed down the side of the nail between it and the skin. To avoid the condition, keep the feet scrupulously clean.

Nervousness. Usually the result of overstrain, worry, debility or lowered vitality after illness. Bright, cheerful surroundings are essential to recovery, and a certain amount of mental effort on the part of the patient is absolutely necessary. Give regular doses of Ucal Syrup of Hypophosphites, or the tonic, as per the following prescription:—Tab. Syr. Easton, half-dram. One tablet with water thrice daily after food.

Neuralgia. To avoid attacks those subject to the affliction should avoid sudden excitement and take plenty of exercise in the open air. At the same time avoid

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overstrain, either mental or physical. A regular diet of good plain food should be adopted, and regular hours of sleep cultivated. Ucal Neuralgia Mixture is useful in subduing the pain.



Price
1/3, 2/- and 3/6
per bottle.

Neurasthenia. A type of complete nervous exhaustion arising from some mental cause, and often accompanied by hysteria. Radical treatment is absolutely necessary. If at all possible, the patient should have a complete change of environment, and a week or so in bed followed by a seaside holiday in pleasant but quiet surroundings.

Nits and Head Parasites. At school, or in the tram or train, the cleanest child is liable to the intrusion of hair parasites. Ucal Nursery Hair Lotion absolutely clears the head of any pest of this character, and if used occasionally acts as a complete preventative. It leaves the hair beautifully strong, glossy, and healthy. In very obstinate cases the daily application of Ucal Nit Ointment for a whole week will positively rid the head of all the above trouble.

Obesity. Active exercise and strict moderation in diet can do much towards reducing the tendency to superfluous flesh. Avoid the following foods:—Sweets, pastry, butter, fat, meat, potatoes, and, above all, sugar. Saccharine may be used as a sweetening agent. Turkish Baths and a regular use of Chelspa water are of great assistance in keeping down the weight. Ucal Marienbad Tablets are specially compounded to counteract a tendency to obesity.

Piles (or Haemorrhoids). To prevent this painful ailment, avoid constipation by suitable exercise, diet, and if necessary, aperients. During an attack keep the parts perfectly clean, and use Ucal Pile Ointment freely. Sufferers should abstain from all alcoholic stimulants and take regularly a course of Ucal Pile Cure Tablets, one to be swallowed after each meal and two at bedtime. Cold baths and the avoidance of sitting too long at a desk are also helpful.



Price
1/3 and 3/- per jar.

Pleurisy. Inflammation of the protective walls of the chest. A disease characterised by many variations and complications. Each case must of necessity be treated on its merits, in accordance with the medical history and constitution of the person affected, so that the attention of a doctor is imperative.

Quinsy. An inflammation of one or both tonsils accompanied by fever and pains round the affected part. The patient should be examined by a doctor, especially if attacks are frequent—a slight operation may be necessary if the tonsils are permanently enlarged. Throat trouble arising from the tonsils can be prevented by regular use of Ucal Antiseptic Rose Gargle.

Rheumatism and Gout. These names cover a variety of diseases, complications and afflictions resulting from the secretion of Uric Acid in the body. An excess of this perfectly natural product in any part of the system will cause pain which can be either intermittent or continuous, recurrent or non-recurrent. In children the disease is often misnamed "Growing Pains," and requires the most careful medical attention, as the heart is very liable to be affected. In fact in any

Medical Guide



Price
1/2 and 2/-
per bottle.

affected. Chelspa Water taken regularly is very efficacious in warding off attacks, the natural Salts which are present in this famous water acting very favourably on a system inclined to Rheumatism. Alcoholic stimulants should only be given on medical advice.

Rickets. Usually noticeable in a child when it first begins to walk, caused through lack of lime in the Bones. Once these are deformed nothing short of an operation can effect a cure, but a great deal can be done by suitable diet and treatment, if the disease is taken in time. The child should have plenty of fresh un-skimmed milk, meat juice, fresh air and sunshine. In order to provide the necessary bone-forming material, Ucal Emulsion of Cod Liver Oil with Hypophosphites is particularly useful.

Scalds. See Burns (page 8)

Scarlet Fever. An acute infectious disease which is most prevalent in children between the ages of two and ten.

Symptoms. Rise in temperature, headache, sore throat, sometimes sick-

ness. In about twenty-four hours the rash appears. The patient needs medical care, and should be carefully guarded from complications. Isolation usually lasts six weeks.

Scurf. See Hair, care of (page 13)

Small-Pox. A notifiable infectious disease. Medical attention is absolutely necessary, and removal to an isolation hospital is usually insisted upon. Vaccination has proved most efficient in protecting the system against attacks, and greatly modifies the effects of the disease in the unlikely event of a vaccinated person catching it. Vaccination should be repeated every six or seven years to secure the maximum of immunity.

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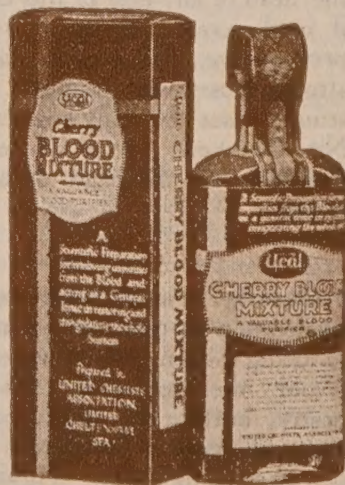
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See Chicken-Pox for distinctive differences between the two diseases.

Shingles. For the actual eruption little is required beyond the application of Ucal Dusting Powder; the part should be covered with cotton wool and a bandage. Neuralgia often accompanies this ailment in elderly people, and should be treated with Aspirin. Ucal Nerve Tonic is highly recommended as a preventative to renewed attacks.

Skin, care of. Everyone—certainly every woman—desires to keep as long as possible a clear healthy complexion, a skin free from blemishes and a look of fitness which is such an asset both in social and business life.



Price
1/3 and 3/-
per bottle.

Medical Guide

Regular attention to one or two simple rules will go a long way towards making this possible. Providing there is no radical disease, the skin should be of firm, even texture, and heal quickly if it is cut or scratched. To avoid roughness use soft water and avoid strong alkaline soaps. Ucal Medicated Skin Soap is specially suited to tender skins; besides being such an efficient cleansing agent it is extremely soothing and perfectly antiseptic. As a healing agent, Ucal Ointment is supreme—for wind roughness or chaps, cuts, burns, or bruises it is equally effective, whilst Ucal Blood Mixture provides just the internal medicine required to remove from the blood those impurities which are apt to collect, especially in the springtime, and result in disfiguring blotches.

Skin, Preservation and Whitening. For general care of the skin Ucal Lemon Creme will be found most excellent in keeping the hands beautifully soft and white.

Sore Throat. Those susceptible to frequent sore throats should always keep a bottle of Ucal Iodized Throat Tablets handy. These will gradually harden the tissues and also prevent the entrance of infection through the throat. If a more astringent effect is required and the voice is husky and the throat relaxed Ucal Astringent Rose Gargle will be found most beneficial.



Price 1/3
per bottle.

Sprains. The result of forcibly overstraining the ligaments of a joint. The part should be lightly bandaged, and the bandage soaked in cold water or Arnica Lotion. A sprain should always be treated at first with absolute rest. The pain and swelling should then subside in a couple of days; if this period is long delayed a doctor

should be consulted. When the swelling has gone down the parts may be gently massaged with World's Embrocation and gradually brought into use again.

Stiff Neck. A form of Muscular Rheumatism, to be treated on the same lines as Muscular Rheumatism in other situations.

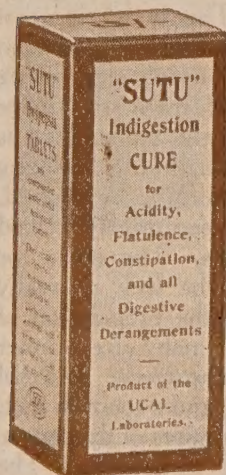
Stomach Disorder. Indigestion in its many forms is one of the most common of modern complaints. This is due in great measure to the high state of civilisation in which we live, and the complicated nature of the occupations which many of us have to perform. Much of the food which is eaten to-day is highly indigestible—cooking in many cases leaves much to be desired, and an undue load is continually placed on the digestive organs. The craze for elaborate dishes, and the lack of really hygienic instruction in the preparation of food are responsible for many after-dinner pangs. Sedentary occupations, lack of exercise, hurried meals, and a too rich diet, are invariably the forerunners of dyspepsia, or one of its kindred complaints. The symptoms of Stomachic disorder are many and varied. Constipation, Headache, Diarrhoea, General Lassitude, Acidity, Flatulence, are all indications that the process of digestion is not working smoothly. As disorders of this character are likely to become chronic if not checked at the outset, immediate steps should be taken to eliminate the cause.

Treatment. Common sense will dictate at once that more regular exercise, a thorough mastication of food, and strict moderation in the amount of food consumed are first essentials. This radical change of habits should be supplemented by a preparation specially designed to remove the cause of the complaint. The best preparation on the market is undoubtedly "Sutu" Tablets—a compound made under the strictest analytical control, combining the virtues of the following remedies:—

Medical Guide

Pepsine—A digestive which naturally dissolves proteids and albumens—converting the less soluble proteids into those which are readily assimilated.

Pancreatine. A compound which will convert twenty-five times its own weight of starch into substances soluble in water, thus being indicated in every case in which an accumulation of undigested starchy food is acting as a stop to free digestive activity.



Price
1/3 and 3/-
per tube.

Diastase. Specially indicated as an artificial digestant of starch food in dyspepsia cases in which there is a deficiency of saliva.

None of these are habit-forming Drugs, and the preparation is quite safe in use at all times. "Sutu" Tablets stimulate the natural action of the digestion.

Sty. See Hordeolum (page 14).

Thrush. Is due to a fungus growth appearing in the mouth of an infant, white pearly specks like milk-curd, which grow rapidly into a membrane. It only appears in those of impaired health, or who have been using dirty feeding-bottles. It should be removed by washing the mouth frequently with borax solution—10 grains to the ounce of water—and painting with Glycerine of Borax. The general health must be maintained, the bowels regulated, and scrupulous cleanliness of food and vessels attended to.

Toothache. When a tooth aches immediate relief may be obtained by the application of Ucal Magic Toothache Cure. The care of the Teeth is a subject

which is rightly receiving an increasing amount of attention. Dental decay, which is the root-cause of all Toothache, can be prevented only by unremitting care, and by visiting a dentist regularly. The cleaning of the teeth is a very important process—a mere rubbing of the front surfaces with a little pleasantly flavoured paste once a day is next door to useless.

To prevent the collection and decay of food particles, the teeth should be thoroughly brushed after every meal, and special attention paid to the spaces between and behind them. Ucal Super Dental Paste, strongly antiseptic, is an ideal preparation to use to wash away all impurities, leaving a clean, antiseptic, and anti-acid state of the mouth,—besides being pleasant it is strongly resistant to the decay germs. For children and those preferring a mild flavour in Dental Creams, use Tucalia Dental Cream. Brush with a circular motion from the gum upwards, and sluice the mouth well afterwards with cold water, not forgetting to clean the roof of the mouth, the gums and tongue at the same time. If a tooth should show signs of decay see a dentist at once. No amount of brushing will stop the germ once it has penetrated the enamel. Stomach troubles, Neuralgic pains and many other disorders originate from decayed teeth, so that too much care cannot be bestowed upon them.

Typhoid Fever. A continued fever of long duration, usually accompanied by diarrhoea and the appearance of a rose-coloured rash. This disease is both infectious and dangerous—it requires the earliest possible examination by a doctor, and the most efficient and devoted nursing.

Ulcers. Are sores which discharge matter, and may result from any form of irritant, applied to the skin or other surface on which they may appear. Poorness of the Blood, general weakness of the constitution, or a defective condition of the circulation, are also factors in their production. Ucal Emulsion or Ucal Malt Extract is recommended to improve the nourishment, and

Medical Guide

Ucal Blood Mixture will help to get rid of obnoxious matters in the system. Ucal Hepatic Salt is particularly useful in varicose ulcers of the leg. Rest in a horizontal position will help the circulation in the latter condition. Wet Boracic Dressings followed by Ucal Ointment should be applied locally where possible. Ulcers in the mouth are frequently due to indigestion, in which case treat as in Stomach Disorders.

Urine. See Kidney Complaints (page 15).

Warts. Apply Ucal Wart Charmer, which will quickly rid the skin of these eruptions.

Weakness and General Debility. In cases of children give Ucal Nutritive Tonic or Ucal Emulsion, according to directions. In adults, Ucal Malt Extract with Cod Liver Oil, and plenty of nourishing food and outdoor exercise are indicated. Ucal Syrup of Hypophosphites is particularly useful where there is an increasing tendency to a nervous breakdown. The condition is usually a chronic one, and treatment must be persistent. An entire change of scenery and society is often useful.

Whitlow. The term may be applied to any form of acute inflammation or septic infection of the fingers. The deeper the infection the more serious is the condition, because it is likely to get into the tendon sheaths, and spread up to the hand or even further. The first symptom is a throbbing pain in the affected finger, made worse if the hand is allowed to hang down. The hand should be kept supported in a sling. A hot fomentation (Boric lint wrung out in hot water, and completely covered by a piece of oil-skin) may be applied to relieve the pain, and bring the inflammation to a head. When the wound is clean, an application of Ucal Ointment twice daily is necessary. A Whitlow may appear to be a very small thing for medical aid, but where lancing appears necessary, a doctor should be at once consulted.

Whooping Cough.

Is epidemic, and the child should be isolated from others who have never had an attack. During the first catarrhal bronchitis stage all cases are best kept in bed. Once a whoop has developed the patient is better to be up, always provided there are no complications; and strong children are undoubtedly better to be out of doors in

dry, warm weather. Weakly children, on the other hand, should be kept in the house, but in a freely-ventilated room, not in a hot stuffy atmosphere. Ucal Whooping Cough Mixture should be given, and the whole of the chest—front, back, and both sides—should be rubbed with Ucal Whooping Cough Embrocation. The diet should be light, but seldom needs to be restricted entirely to liquids. It is a good plan to feed immediately after a bout of coughing. When the cough has subsided, Ucal Malt Extract and Cod Liver Oil is of the greatest assistance in re-establishing the normal health.

Worms. "Starvation, medication, and purgation" is the key-note of the successful treatment of all kinds of intestinal worms. First of all, clear the bowels by giving a good dose of castor oil the night before. If this has not acted first thing in the morning, a dose of salts will assure it. The bowels being empty, the drug for killing the parasite, or at all events for temporarily paralysing it, will have the better chance to act. Keeping the patient without food in the meantime, Ucal Worm and Aperient Powders, or Ucal Chocolate Worm Cakes, may be given. Two hours afterwards another dose of salts will effectually expel anything which has been left. The treatment should be repeated in three or four days.



Price 1/3
per bottle.

Calendar for 1927

JANUARY.							FEBRUARY.							MARCH.						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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JULY							AUGUST							SEPTEMBER						
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3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31	..	..	..	25	26	27	28	29	30	..
31	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..

OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	..	..	..	..	..	1	..	..	1	2	3	4	5	..	..	..	..	1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
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30	31	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..

BANK HOLIDAYS, etc., FOR 1927.

Good Friday and Easter Monday, April 15th and 18th.
 Whit Monday, June 6th.
 Bank Holiday, August 1st.
 Christmas Day and Boxing Day, December 25th and 26th.
 Grouse Shooting begins August 12th.
 Partridge Shooting begins September 1st.
 Pheasant Shooting begins October 1st.

Postal Rates

INLAND, FOREIGN & COLONIAL.

Rates in Force on and after Midnight, 14th May, 1923.

INLAND POST.

Letter Rate.

Not exceeding 2 oz. in weight ..	1½d.
For every additional 2 oz. or fraction thereof	½d.

Postcard Rate.

For every postcard	1d.
„ „ reply postcard	2d.

Printed Paper Rate.

Not exceeding 2 ozs. in weight. ..	½d.
For each additional 2 oz. or fraction thereof	½d.

Newspaper Rate (unchanged).

One penny for every copy not exceeding 6 ozs. in weight, with a further charge of one halfpenny for every additional 6 ozs. or fraction of 6 ozs.

Parcel Rate.

Not exceeding 2 lbs. in weight ..	6d.
Exceeding 2 lbs. but not exceeding 5 lbs.	9d.
„ 5 lbs. „ „ 8 lbs.	1/-
„ 8 lbs. „ „ 11 lbs.	1/3

Registration Fee.

For every article registered ..	3d.
The fees for insurance have been raised by adding 1d. at each point of the scale.	

Advice of Delivery of Registered Postal Packets.

For every article	3d
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Blind Literature Rate

Not exceeding 1 lb. in weight ..	½d.
Exceeding 1 lb. but not exceeding 5 lbs.	1d.
„ 5 lbs. „ „ 6½ lbs.	2d.

FOREIGN & COLONIAL POST

Letters.

- (1) For the British Empire, the United States of America, Tangier, and H.M. Forces serving abroad :—
 For first oz. .. 1½d.
 For each additional oz. 1d.
- (2) For all other places abroad :—
 For first oz. .. 2½d.
 For each additional oz. 1½d.

Postcards	1½d.
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Reply Postcards	3d.
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Printed Papers	½d. per 2 oz.
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Commercial Papers.

For first 2 ozs.	3d.
with a minimum charge of 3d.	
For every 2 ozs. after	½d.

Samples.

For first 4 ozs.	1d.
with a minimum charge of 1½d.	
And for every 2 ozs. after ..	½d.

Registration Fee	3d.
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Advice of Delivery of Registered Articles	3d.
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Insurance Fee.

5d. for first £12. 2d. for each additional £12.	
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Insured Boxes.—Postage.

For every 2 ozs.	2d.
with a minimum charge of 6d.	

Express Delivery Fee	6d.
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Blind Literature Rate.

½d. per lb. up to 6½ lbs., with a maximum of 3d.	
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Canadian Magazine Post. No change.	
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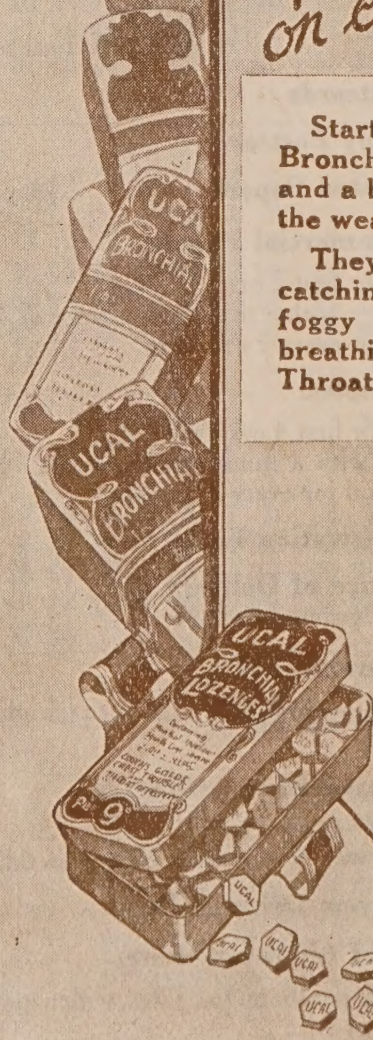


*Your best friend
on cold damp days*

Start your journey out with a Ucal Bronchial Lozenge in your mouth and a box in your pocket, and defy the weather.

They are a sure guard against catching cold during the damp, foggy days of Winter, they make breathing easy and prevent Sore Throat;—a true friend indeed.

UCAL BRONCHIAL LOZENGES



IN HANDY TINS

9^{D. PRICE} 8 1/6

Infectious Diseases

Disease	Incubation period	Infection after an attack ceases	Quarantine required after latest exposure to infection
CHICKEN POX	10-16 days	When every scab has fallen off.	Twenty days.
DIPHTHERIA.	2-10 days.	Four weeks after the commencement of attack, if no complications.	Twelve days.
GERMAN MEASLES	7-18 days may be longer	Ten days after the appearance of the rash.	Twenty days.
MEASLES.	10-14 days	Two weeks after the appearance of the rash.	Sixteen days.
MUMPS.	10-22 days.	Three weeks, or one week after disappearance of the swelling.	Twenty-four days
RINGWORM.	1-8 days usually	When examination shows no broken hairs and no spores.	
SCARLET FEVER.	3-5 days	When sore throat, albuminuria and desquamation have disappeared. Never less than six weeks.	Ten days.
SMALL POX.	12-14 days	When every scab has fallen off.	Sixteen days.
TYPHUS FEVER.	5-14 days.	Four Weeks.	Fourteen days.
WHOOPIING COUGH	7-14 days.	Five weeks, or two weeks after cough and whooping have disappeared. N.B.—In each case the number of weeks mentioned represents the shortest possible time.	Twenty-one days

A Few Hints on Nursing the Sick

IT falls to the lot of most women at one time or another to perform this sacred office. Some are constitutionally adapted to carry out the most arduous and distressing duties that devolve upon a nurse, whilst others find the simple tasks of attending a minor illness too much for them.

Yet the more serious the case, the greater necessity for self-sacrifice on the part of the nurse, who must faithfully obey every detail of the doctor's instructions.

The secret of good nursing lies in perfect freedom from dirt. A sick room should be a model of scrupulous cleanliness. No carpets, hangings, or furniture likely to harbour dust, should be allowed. Fresh air and sunlight are as essential as medicine, and it is the duty of the nurse to see that she does her part without causing any annoyance to the patient. Light without glare and fresh air without draughts, are merely a question of arrangement. Warmth in winter and coolness in summer are not a matter of taste, they are a necessity to an invalid, and should be exactly gauged by a good house thermometer.

The bed and bed linen must be aired as often as possible, and not only when put on clean. If a large period of confinement to bed is anticipated, it is worth the extra trouble to have two beds—one for day and one for night

use. Dusting with a damp cloth is the only way to clean a sick room, dry dusting merely spreads the dirt. Bedroom utensils should be cleaned out immediately after use, and not be allowed to remain in the sick room.

A good nurse is always cheerful yet firmly insistent on the fulfilment of the doctor's wishes. She is neatly and suitably dressed, and careful to the last degree about her personal cleanliness. She knows how to relieve the bareness of the sickroom with flowers, pictures, and decorative objects so as to break the monotony of the four walls which for the time being imprison her patient.

She is skilled in the preparation of tempting dishes that coax a jaded appetite, and in the persuasion which must often be exercised to induce her charge to maintain bodily strength by taking sufficient nourishment.

Close observation of an invalid and a correct report on the changes which may occur from day to day, are invaluable to the doctor, yet must be obtained without being perceptible to the patient.

During convalescence a nurse's duties are lighter, but her responsibility greater. The doctor's visits will be less frequent, so that the entire charge of the case falls on the nurse, who must assist and encourage in every way a gradual return to strength.

The Drink for All



Ucal Ginger Wine Essence

A non-alcoholic, soothing drink. Warming in winter-time, and refreshing at all times.

One 9d. bottle will make a gallon of real old-fashioned Ginger Wine. All you need in addition is plain water and sugar to suit the taste.

*Always keep a bottle in the house
for the family—and your friends.*

Business Abbreviations in Everyday Use

A1. First-class (of ships).
A/c, Acc., or acct. Account.
A.D. Anno Domini (in the year of our Lord).
A/s. Account sale.
@ At.
Ad lib. *Ad libitum* (at pleasure).
Amt. Amount.
Ans. Answer.
Avoir. *Avoirdupois*.

B.E. Bill of exchange.
B.L. Bill of lading.
B.P. Bills payable.
B.P.B. Bank post bill.
B.R. Bills receivable.
Bls. Bales.

C.A. Chartered Accountant.
C.E. Civil Engineer.
C.F. Cost and freight.
C.F.I. Cost, freight, and insurance.
C.O.D. Collect on delivery.
C/o. In care of.
Chq. Cheque.
Co. Company.
Com. Commission, commissioner, committee.
Con., Contra. Against.
Cr. Credit, creditor.
Cs. Cases.
Cwt. Hundredweight.

D/A. Documents attached (sometimes documents for acceptance).

d/d. Days after date.
D/D. Demand draft.
d/s. Days after sight.
d/y. Delivery.
Dft. Draft.
Disct. Discount.
Do., ditto. The same.
Dr. Debtor.

E.C. East Central.
E.E. Errors excepted.
E.G. *Exempli gratia* (for example).

E. & O.E. Errors and omissions excepted.

Ed. Editor.
Enc. Enclosure.
Esq. Esquire.
Etc. And the rest.
Ex. From; out of.
Exch. Exchange.

F.A.S. Free alongside ship.
F.O.B. Free on board.
F.P.A. Free of particular average.
Fcp. Foolscap.
Fig. Figure.
Fo. Folio.
Fr't. Freight.
Ft. Foot, feet.
Fur. Furlong.
F'wd. Forward.

G/A. General average.
G.P.O. General Post Office.
Gal. Gallon.
Gr. Gross.

H.B.M. His Britannic Majesty.
H.M.C. His Majesty's Customs.
Hhd. Hogshead.

I.e. *Id est* (that is).
I.O.U. I owe you.
Ib., Ibid. *Ibidem* (in the same place).
Id., Idem. The same.
Insc. Insurance.
Inst. Instant, the present month.
Int. Interest.
In trans. On the passage.
Inv. Invoice.

J.P. Justice of the Peace.
Jr. or Jun. Junior.

K.C. King's Counsel.
Kilos. Kilogrammes.

L. or £. Pound sterling.
L. or lb. Pound weight.
L/C. Letter of credit.
L.S.D. *Libra, solidi, denarii* (pounds, shillings, pence).

M/d. Months after date.
M/s. Months after sight.
MS., MSS. Manuscript, manuscripts.
Meast. Measurement.
Memo. Memorandum.
Messrs. Gentlemen.
Mo. Month.

N.B. *Nota bene* (note well).
N.D. No date.
No., Nos. Number, numbers.
N.P. Notary Public.

%. Per cent.
‰. Per mille.
Oz. Ounce.

P., PP. Page, pages.
P.A. Power of Attorney.
P.Av. Particular average.
P.M.G. Postmaster-General.
P.N. Promissory note.
P.O. Post Office.
P.S. Postscript, written afterwards.

P.T.O. Please turn over.
Payt. Payment.
Pd. Paid.
Per or ꝥ. By.
Per an. Per annum (by the year).
Per cent. Per centum (by the hundred).
Per pro., or p.p. Per procuration.
Pes. Pieces (of cloth).
Pkgs. Packages.
Pro forma. As a matter of form.
Pro tem. For the time being.
Prox. Proximo, next month.

Qr. Quarter, quire.

Recd. Received.
Rect. Receipt.
Reg. Register.
Retd. Returned.

Sec. Secretary.
Ship't. Shipment.
Stg. Sterling.

Tr. Transpose.

U.S. United States.
Ult. Ultimo, last month.

V., Versus. Against or in opposition.
Vid. Vide (see).
Viz. *Videlicet* (namely).
Vol. Volume.

W.C. West Central.
W.I. West Indies.
Wt. Weight.

X.D. Without the dividend.
Xmas. Christmas.

Yr. Year.
Yd. Yard.
4to. Quarto.
8vo. Octavo.

Refresh your feet the *Joy Walk* way



After a hard day's walking or a long evening's dance, nothing compares with the relief of a bath in

'Joy Walk' Bath Salts

Super-oxygenates and medicates the bath water, and so cools and refreshes the tender skin and aching muscles.



1/3 per
pkt.

Trial Size - - - 6d.

Marvellously effective
in treating Sciatica,
Gout and Rheumatism

Joy Walk Bath Salts.

REGD. TRADE MARK
NO. 44,003 G.

How to prevent the nauseous taste of Medicines

Many grown-ups and nearly all children have a dread of certain medicines and obstinately refuse to take them. Sometimes there is no alternative which can be given, and the unpleasant task of compulsion must be resorted to.

A great deal can be done in the way of disguising the dreaded taste, and often the most unpleasant of doses can be given in this way without any trouble.

CASTOR OIL is, perhaps, one of the most difficult medicines to administer, but if carefully prepared can be taken by almost everyone without producing sickness. Dip a wine-glass into warm water and wet it thoroughly—take the juice of an orange, strain it and pour a table-spoonful into the glass. Now pour the oil into the centre of the juice, put some more juice on top and gulp down quickly. Another method is to float the oil on hot coffee, or to shake it up well with some neat brandy.

COD LIVER OIL. Orange juice can be used with Cod Liver Oil effectively, whilst for **EPSOM SALTS** peppermint water has a more neutralising effect.

The old-fashioned method of nipping the nose, pouring the medicine down the throat and then taking a drink of water has a certain action in preventing most of the nasty taste.

A very pleasant laxative for children is **Ucal Syrup of Figs**. It is perfectly safe, and free from the slightest trace of any irritating matter. Its mild yet certain action has made it a favourite with mothers in all parts of the country.

The Best Way to give—and take Medicines

It is of the utmost importance that the directions for taking medicines should be followed down to the most minute detail. The size, interval between, and method of taking each dose, are as vital to the patient as the medicine itself.

If through some mistake a dose is missed, no attempt should be made to "catch up" by increasing the next one or curtailing the following intervals. The instructions, "Before Meals" or "After Food," etc. are given for a very definite purpose, and must be rigidly adhered to.

Many people have the idea that a medicine prescribed for one member of the family will do equally well for any of the others who claim to feel the same symptoms. This does not follow by any means. A drug may have an entirely different effect on one person to that which is observed in even a very near relation. Sex, age, constitution and temperament, all have an influence on deciding the strength and frequency of administering a medicine.

"Shake the bottle" is a frequent injunction on a mixture containing solids in suspension, and unless it is carried out thoroughly before each dose, the proportion of some ingredients will vary, and consequently the maximum amount of benefit will not be derived.

All medicine bottles should be kept tightly corked and if possible in a cupboard out of the reach of the children. The original labels should be preserved intact, and poisons kept separately. The latter are invariably put into coloured ribbed bottles, so that they can be instantly recognised by sight or touch.

A few Historical Notes of Interest concerning Cheltenham Spa

*The Home of Ucal
Medical Products*

"Salubritas et Eruditio"—this is the Motto which is very properly borne by the Cheltenham Coat of Arms. Translated, this means "Health and Learning." Health—for its clean, open spaces, beautiful hills and trees—"Education or Learning" for its Colleges, which are amongst the finest in England.

Famous for many centuries on account of its mildly aperient health-giving waters, Cheltenham, under Royal Patronage and visited by the Nobility of every period in its long history, has become one of the most favoured residential districts in the country.

Many causes have contributed to bring Cheltenham to the forefront among modern Spas, but none more so than its pure, clear atmosphere. Uncontaminated by smoke and dirt, the air of the town has the clean sweetness of the Cotswold Hills.

That is why the United Chemists' Association Ltd. has its factory here.

It was not until the year 1738 that Cheltenham, then consisting only of a few small cottages, became known. In this year Captain Henry Skillicorne came to Cheltenham and married a Miss Mason, whose father owned property around the village. Captain Skillicorne's attention was drawn to a small stream which ran through his property and which was always being patronised by flocks of pigeons. In due course, Captain Skillicorne had the water of the stream tested, and found it to contain very valuable medical ingredients. On realising the enormous possibilities of the stream's medicated waters, Captain Skillicorne set out and laid the first Spa. From this he may be looked upon as the founder of Modern Cheltenham, which had been, till then, only a large village.

The following dates mark points of historical interest in Cheltenham and are worthy of note :—

1778. George III, Queen Charlotte and the Royal Princesses came to Cheltenham to drink the Spa Waters.

St. Mary's—Cheltenham Parish Church.

1803. Another Chalybeate Spring discovered.
1809. Alstone Mineral Spring first discovered and a Pump Room erected over it. This Spa continued till 1838.
1816. The Duke and Duchess of Wellington came to drink the waters. The Duke came frequently afterwards, his visit exciting much enthusiasm.
1818. Sherborne Spa opened—the building which was afterwards called the Imperial Spa, occupied the site of the present Queen's Hotel.
1818. The Promenade commenced. Its site at that time was occupied as a brick field, through which flowed the diminutive River Chelt. A rude plank was placed across the stream for the convenience of foot passengers.
1823. 4 Dukes, 3 Duchesses, 6 Marquises, 5 Marchionesses, 4 Bishops, 10 Earls, 8 Countesses, 53 Lords, 70 Ladies, besides a host of Honourables, Baronets, foreigners of title, visited the place to drink the waters.
1825. Foundation stone of Pittville Pump Rooms laid with Masonic Honours.

J. Pitt, the founder of Pittville, had a very remarkable career. As a boy he had been accustomed to hold horses for a penny. An Attorney took a fancy to him, and he became a brewer, a banker, a farmer, and a land jobber. In 1812, he was worth £20,000. J. Pitt possessed so much wealth and power in the days when bribery was allowed, that he was instrumental in sending four members to Parliament. He ruined himself by laying out the estate, which was called Pittville after him.

1826. Montpellier Pump Room erected, the gardens being opened four years afterwards.
1826. Sir Walter Scott arrived to take a course of Mineral Waters, from which he derived much benefit.
1830. Pittville Pump Rooms completed at a cost of £60,000.
1834. Cambray Spa erected.
1844. The value of property began to make a noticeable rise. In 1766 a field of three acres situated behind the Plough Hotel was sold for £190. Twenty-four years later, this ground, together with the hotel, was sold for £1,825. Eighteen years later, the same property was sold for £6,300. After a further eighteen years a portion only of the property was sold for £20,000.
1861. Montpellier Gardens purchased by a Limited Liability Company.
1912. This year marked the most notable event of recent years. The United Chemists' Association Ltd. had in 1909 created a company consisting of seven clever and ambitious young chemists. The company was then at Sheffield, but realising that Medicines and Toilet Requisites should be manufactured under ideal conditions, they removed to Cheltenham, where they built one of the most up-to-date Sanitary Hygienic Chemical Laboratories in the country. Since then the United Chemists' Association Limited has grown to a family of over 4,500 Qualified Chemists, all of whom sell and give their full personal guarantee to the famous Ucal Medical Products.

The United Chemists Association Limited wish it to be known that the Trade Mark UCAL is the symbol of an Association of Qualified Retail Chemists, banded together to supply the public with the highest class of Drugs, Medical and Toilet Preparations at the lowest possible prices.

Managed entirely by Chemists, and under strict analytical control, the factory at Cheltenham is run on the most up-to-date lines, and contains the latest pattern machinery.

Every preparation bearing the Trade Mark "UCAL" can therefore be relied upon to be absolutely pure and exactly what it is represented to be.

When your local chemist recommends a "UCAL" line he does so with complete confidence. He knows where and how it is made, and what materials are used in its manufacture.

The Registered Trade Mark of the United Chemists Association Limited is your guarantee that the product on which it appears is manufactured under the strictest Analytical control.

Ucal Products are made in a factory controlled entirely by Qualified Chemists, and are sold only by Qualified Chemists.

—o o o o o o o—

Ucal Bath Crystals

1/9, 3/-, 5/-

Ucal Fruit Juice

(Concentrated) 7½d., 1/-, 1/6

Ucal Ginger Wine

Essence per bottle, 9d.

(Makes one gallon of excellent Home-made Ginger Wine).



Ucal Health Salt per tin, 8½d. & 1/4

Ucal Olive Oil (Superfine)

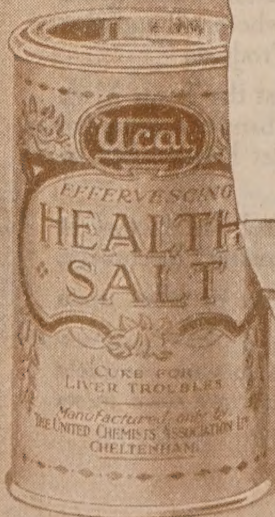
10½d. ; 1/6 ; 2/6

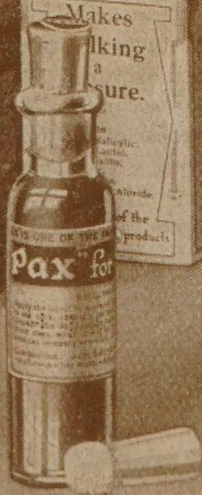
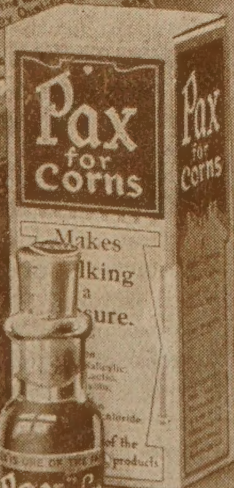
Ucal "Safety First" Iodised

Throat Lozenges - 8½d. & 1/3

Ucal Ointment - - 1/3 & 3/-

"PAX" The Corn Cure 9d. & 1/3





A Few Hints on The Care of Baby

FEEDING.

The momentous decision as to whether or not a child is to be breast or bottle-fed, rests with the Doctor. There is one point, however, upon which all medical men agree, and that is, that the human milk is far ahead of any known substitute. If the baby *must* have a substitute, choose one that has reared hundreds of strong, healthy babies, *i.e.*, Ucal Malted Food.

REGULARITY.

Feed baby by the clock, and on no account give him anything between meal times. Accustom him to regular hours of sleep, and regular action of the bowels. Baby will benefit and so will you.

SLEEPING.

Let him sleep as long and as often as he wants; the bedroom should be kept at a temperature of 60 deg. F., and thoroughly ventilated. Rocking chairs and cradles are totally unnecessary—they merely develop bad habits. Baby should always sleep alone in his crib.

FRESH AIR

Is equally necessary, if not more so, than to grown-ups. Baby's face should never be covered over with anything—veils, etc., whether fashionable or not, are certainly not conducive to good health.

BATHING.

Baby's bath should be 90 deg. to 96 deg. Fahrenheit. It is advisable to always use a thermometer for this, as the heat of the bath is of vital importance. Castile Soap, a large sponge, and a flannel are necessary. At least once a day he should be bathed, and powdered with Ucal Baby Powder.

BOILED WATER.

All water used in the preparation of baby's food, and given him to drink, must be boiled.

CLOTHING.

Warmth without weight, loose and fastened with buttons and tapes. *NO* pins. A cap

is not necessary, but the thorough airing of every garment is essential.

EXERCISE.

The first and most natural form of exercise is for Baby to lie on the floor or bed, and kick. He should be taken out every fine day until three months old, and regularly every day afterwards.

MINOR AILMENTS.

"WHEN BABY HAS WIND."

If baby is troubled with wind, it will probably be found that one of the following is the cause:—

He is having unsuitable food.

He is being over-fed.

His food is too rich.

He takes his food too quickly.

The food is too hot or too cold.

He is constipated.

He is fed at irregular intervals.

He has been "wind sucking" through having a comforter, or through drawing in at an empty bottle.

The chill of a perpetually wet napkin.

PREVENTION.

Remove the cause when possible. About half-way through each feed and at the close of the feed, raise baby gently against the shoulder and softly pat his back until he has brought up the wind.

TREATMENT.

A little Ucal Gripe Mixture will quickly relieve baby when he is suffering from flatulence; a spoonful of warm boiled water also gives relief.

CONVULSIONS.

(Causes)—Faulty or injudicious feeding, irritation from the teeth, intestinal worms, wax or foreign bodies in the ears, or similar causes of irritation in the nose, adenoids, excessive crying, coughing as in whooping cough, the onset of some acute illness or fever—there are really innumerable conditions which may be responsible for an attack.





GENERAL SYMPTOMS.

The face is pale and there are slight twitchings of the muscles of the face, eyes, and fingers. There may be a catch in the breath, the eyeballs may turn up, and there may be a grinding of the teeth. The body becomes rigid, the limbs quite stiff, the hands being clenched, and the head thrown back. After a time the breathing, which has been held, is resumed, the child perspires, the body becomes relaxed again, and the patient may fall sound asleep, or may merely be drowsy for a period, and then be quite his old self again. The symptoms are very alarming to an inexperienced mother, but there is really no occasion for her to lose her presence of mind. Everything depends upon prompt and reasonable action on her part.

TREATMENT.

Send for the Doctor at once. Whilst he is coming, loosen all clothing, quickly give the baby a warm bath with the water at a temperature of 100 degrees F., sponge the head with cold water. Don't stop to take off baby's clothing; it can be removed in the bath. The doctor will order suitable medicine. In all cases it is wise to secure a full clearance of the bowels by a dose of castor oil, after which the child may be put to bed. Follow up castor oil with Ucal Fluid Magnesia next day to prevent after-constipation.

HICCOUGH.

Nearly all babies hiccough more or less. A tea-spoonful of Ucal Gripe Mixture, which you can get from your Ucal Chemist, will usually set matters right. It is commonly a symptom of slight indigestion.

MEASLES.

Symptoms—The child appears to have a bad cold, with a cough, the face is swollen and puffy, the nose running, the eyes red and watery. On the fourth day dark crimson spots, slightly raised, appear on the forehead, cheeks, round the mouth, then on the neck and arms, and spreading to the body and legs. As the rash comes out, the temperature rapidly rises (103 deg. to 105 deg. F.) as the rash fades the temperature falls.

TREATMENT.

Very infectious, so keep the child by himself and send for the doctor. Protect the eyes from strong light, and keep the eyes and the mouth clean. The mouth should be swabbed out with borax and water every four hours. Beware of complications. Any carelessness in nursing,

especially when baby is becoming convalescent, may bring on an attack of broncho-pneumonia. The bedroom must be airy, but there must be no draught.

ISOLATION PERIOD.

At least twenty-one days after the rash has disappeared, or as long as there is any sore throat.

THRUSH (White Mouth).

Symptoms.—Small, raised, white patches on the tongue, lips, and inside the mouth. The baby is feverish and cries when being fed.

CAUSE.

No baby need have thrush. It is caused by a germ being introduced into the mouth. This may be brought about by:—

Want of proper care of the nipples, if baby is breast-fed.

Dirty feeding bottle and teat.

Stale food.

Sucking a finger or other object which is not clean.

TREATMENT.

After each feed clean the mouth and gums with Glycerine of Borax, which may be obtained from your Ucal Chemist, as follows:—Wrap round the finger a small piece of very soft old rag dipped in the lotion, and with this wipe round the mouth as gently as possible. The greatest care is necessary because the skin inside the mouth is very, very tender. Wash carefully over the tongue, roof of the mouth, and round the gums. About three pieces of rag should be sufficient. As each piece is taken from the finger it must be thrown into the fire. On no account must a used piece of rag be used a second time. Keep the bowels open. **Note.**—No rag can be too clean for baby's mouth. Always keep a few pieces of clean, boiled rag handy.

VOMITING

Is more frequently due to over-feeding than any other cause. It is sometimes due to baby not being kept sufficiently still after meals.

TREATMENT.

Feed the child slowly; fully fifteen minutes should be taken over each meal. Remove the bottle or breast from his mouth twice during each feed to give him breathing space. Let him rest quietly after each meal.

If he is suddenly taken with a fit of vomiting, accompanied by stomach-ache, with either constipation or diarrhoea, and is not relieved by simple measures, he requires medical attention.

UCAL MALTED FOOD.

This food is a perfectly satisfactory preparation for the feeding of infants and invalids. It possesses flesh and bone-forming constituents in the correct proportions, and is a perfect food.

Price 1/3 and 2/- per tin.

UCAL BABY POWDER.

Is manufactured by the most modern machinery from the best material available, and is an absolutely reliable preparation. Many dusting powders sold are made from cheap, common materials, and may cause no end of trouble and discomfort. You are safe in always using Ucal Brand.

Price 1/- per tin.

UCAL BABY CREAM.

Is a soothing and healing ointment, specially prepared for nursery use. The main points of this article are, its wonderful healing properties and its extreme purity.

Price 1/- per jar.

Dr. FOSTER'S COOLING POWDERS

which are prepared from an old and valued recipe, have been found useful in many thousands of cases. They are absolutely safe, and being free from all injurious drugs, may be used freely during this distressing period. They have a long established reputation which places them beyond criticism.

Price 1/3 per box.

INFANTS' GRIPE MIXTURE—P.J.F.

A simple, safe, and effective remedy in all cases of disordered stomach, or flatulence, in children. Quickly "brings up the wind." Entirely free from Opium and other narcotic drugs.

Price 1/3 per bottle.

UCAL SUPER OLIVE OIL.

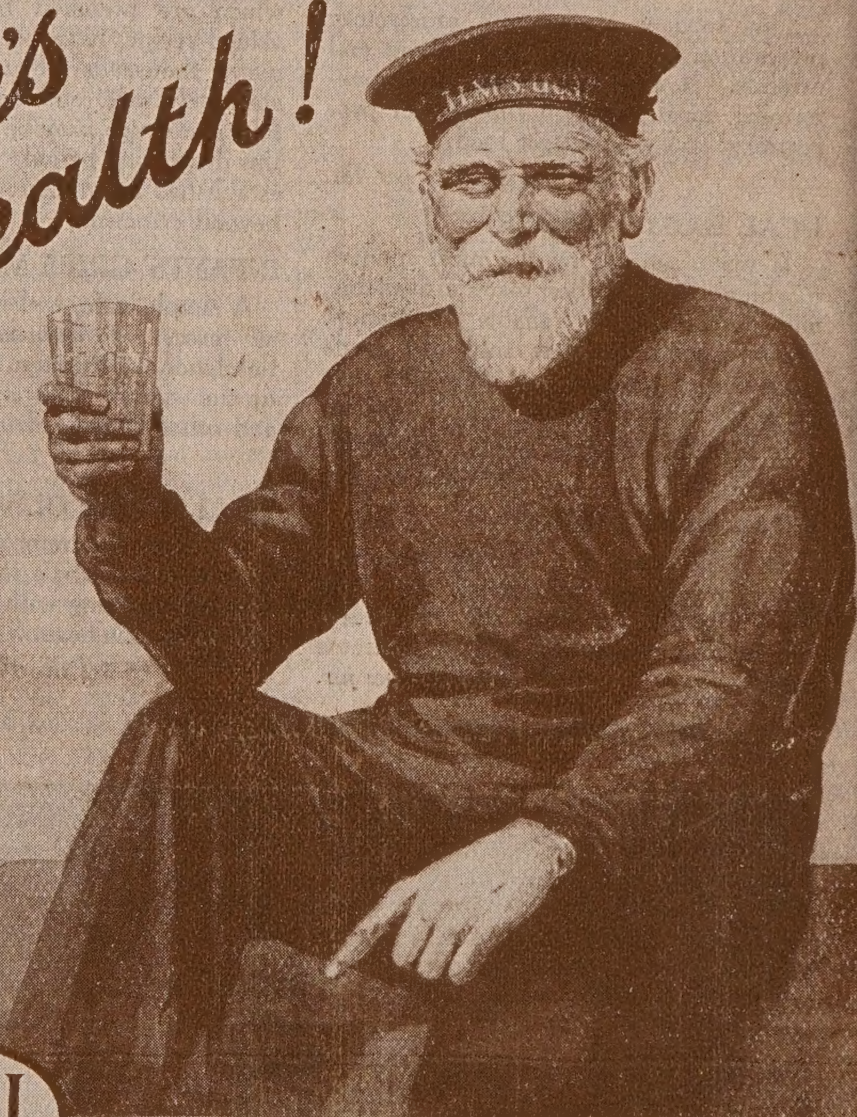
Excellent for removing the scurf and dryness from baby's scalp—caused by the frequent washing with hard, soapy water. Keeps the skin beautifully soft and healthy.

Price 10½d.; 1/6 and 2/6.

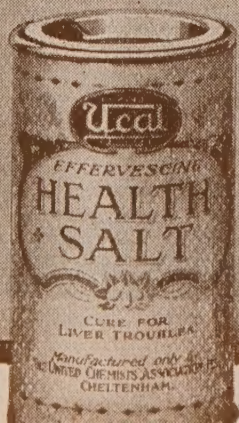
WHOOPIING COUGH MIXTURE (P.J.F.) .. 1/3 per bottle.



Here's Health!



Ucal
HEALTH
SALT



**The Cure for all
Liver Troubles**

A glassful in the morning puts you right for the rest of the day. Good for all Liver Trouble and general lassitude. As a cooling and refreshing beverage, Ucal Health Salt is unrivalled.

Sold in Tins: $1\frac{1}{4}$ Family Size ; $8\frac{1}{2}$ d. Small Size

The Essential Care of the Teeth

From the earliest sign of a little white tooth in a baby's mouth, right through childhood and every day in the longest of lives the teeth must be cared for.

Modern food and modern cooking wage a continual war on the delicate enamel which is our only natural armour against the dental decay germ. Were it not that the modern chemist and dentist have found by scientific research a means of preserving the teeth, we should have been by now practically a toothless nation.

Few people, indeed, will take the trouble to clean the teeth after every meal—yet that is obviously the first step toward preserving the mouth in a healthy condition. Children should be taught the necessity for the habit, which, after all, takes but a few moments, as soon as they are old enough to handle a tooth brush.

The milk teeth must be jealously guarded, and, if need be, filled. A good second set free from flaws and of lasting quality cannot follow a decayed or neglected first set.

Make a practice of seeing a qualified dentist once every three months, and make certain that children do the same, and the loss of even a single tooth will then be an occasion of very rare happening.

If it is impossible to brush the teeth after every meal, remember that it is imperative *not* to omit the thorough cleansing before retiring to bed.



Tucalia Dental Cream



THE final result of long research into the problem of the prevention of dental decay. It cleans, deodorizes, and disinfects the teeth and gums, leaving a delightfully fresh feeling in the mouth which lasts a long time.

Price: 1/- per tube. Child's size, 6d.

THE FOUNDATION OF BEAUTY

While nobody would deny that personal cleanliness is the first step towards the achievement of beauty, wrong methods of Bathing, Washing, and Shampooing are doing an immense amount of harm to the looks of many women and girls. The following hints will enable you to guard against the worst and most common faults.

:: B A T H S ::

Long soaking in very hot water makes the muscles flabby and the limbs shapeless, destroys the contour of face and features and gives rise to premature lines. A wash all over every morning with warm soft water and good soap, followed by a quick, cold sponge down and a brisk rub with a rough towel is what is needed to tone up the skin and keep the figure youthful. The addition of a small quantity of Ucal Bath Crystals greatly increases the tonic effect of such a bath and imparts a silky quality to the skin.



:: W A S H I N G :: S H A M P O O I N G

For the face the water should be soft (Tucalia Water Softener is splendid for rendering it so) and fairly hot to cleanse the pores thoroughly of all dust and impurities. Careful washing means fewer wrinkles and complexion troubles. Re-soap the hands frequently. Wash the forehead with an up and down movement, exerting pressure downwards and outwards only. Use a circular movement at the temples and corners of the eyes, also for the cheeks. The sides of the nose need vigorous rubbing, being naturally oily. With the lower portion of the face follow the natural curves of mouth and chin. Rinse in fresh cold water. Use a soft towel for drying the face and avoid unnecessary friction.

If your hair is thick and healthy, shampoo it fortnightly. If brittle or inclined to fall out, once in three or four weeks will do. Have the water comfortably warm, not boiling. First well damp the hair; then work your shampoo (your Ucal Chemist will recommend you several) all over your head into a plentiful lather; rub into the scalp so that you feel a movement between scalp and skull, which frees the hair roots from all clogging impurities. Rinse in fresh warm water and dry with warm towels, patting and fanning. Do not use undue friction on the hair itself as this renders it brittle and enfeebles the roots.

:: A GRACEFUL CARRIAGE ::

How often one sees the effect of a really charming face spoilt because the owner has a slovenly or clumsy carriage! The following physical exercises encourage a natural grace of pose and movement.

(1) Stand with heels together, feet open and hands on hips. With the body and head erect, slowly raise the right knee (foot pointing downwards) until the thigh is at right angles with the body. Remain in position as photograph for a few moments and slowly lower to original position. Repeat with left leg.

(2) Sit down, and with the body perfectly still rotate the head very slowly in a circle several times, first to the right, then to the left. This will combat any habit of letting the head sink forward or of throwing it too far back.

(3) Stand with heels together, feet open and hands on hips. Rise on the toes. Keeping the heels together and body perfectly erect, bend the knees and throw them well outwards while sinking slowly as far as possible. In time you should be able to sit on your heels in this position. Slowly straighten the legs by raising the body again. Lower the heels.

(4) Balance a fairly weighty book on the head. Hold a walking stick or umbrella behind the back by having the elbows round it and hands clasped in front of the body. Walk briskly up and down for four or five minutes.

(5) Place a strip of paper or tape in a straight line on the floor. Raise the arms sideways, level with the shoulders, step forward along the tape with the left foot and sink on the right knee. Then take a further step with the right foot and sink on the left knee. Walk up and down the strip in this manner, placing the feet and knees on it at every step.



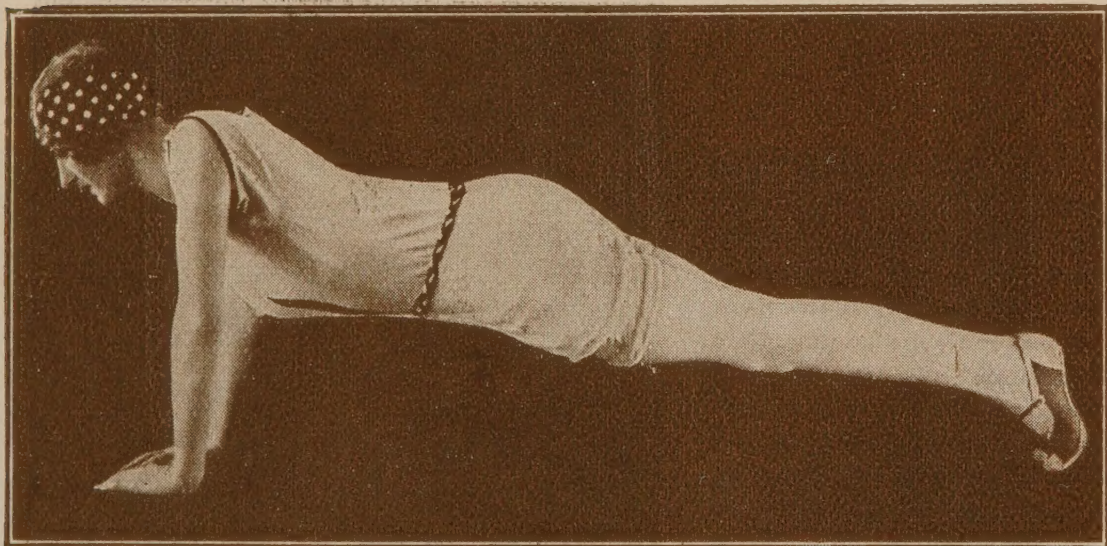


Regular attention first thing after your morning bath or wash is the secret of having nice hands. It takes very little time to rub the arms and hands with cream. to push back the skin at the base of the nails and to give them a quick rub with a buffer. Reserve any more elaborate treatment for a good weekly manicure.

Now for the complexion. Be sure that you have removed all traces of grease due to natural oiliness of the skin or remaining from the previous night's toilet. Apply Vanishing Cream all over the face, rubbing it in with an upward patting that acts as a tonic on the skin. If your skin is inclined to be dry you may find Ucal Cold Cream preferable to Vanishing Cream; in this case wipe off all excess of cream before powdering.

Apply powder generously all over the face, neck, shoulders and behind the ears. Do not rub it in at all, but dust off lightly with your puff. If you lack colour, add the merest touch of rouge with a circular movement on the cheeks and dab your puff over it. Do not allow powder to adhere to the eyebrows and lashes. Remove it with a damp finger. A small, soft brush touched with vaseline is invaluable for improving the brows and lashes; with this the latter can be brushed into an attractive curve. Finally, apply your lipstick or a little glycerine to the centre of the lips and work it evenly over them with the finger.

To make the most of your hair, give it at least ten minutes careful brushing. Long, moderately soft, flexible bristles are best. A few drops of Ucal Brilliantine on it before brushing (or of Ucal Hair Tonic if your scalp is at all greasy) will give it a delightful lustre that it will retain all day.



The following exercises performed after your morning bath or wash in conjunction with those for improving the carriage already described will give you an added zest for your daily round.

(1) Stand with heels together, feet open and hands on hips. First arch the left arm over the head. Press the right hand well into the side and take several even, deep breaths. Place the left hand back on the hip and repeat the exercise with the right arm arched over the head.

(2) Stand with heels together, feet open and arms straight down by the sides. Keeping the upper arms close to the sides bend the elbows and rest the tips of the fingers on the shoulders. Shoot the arms out sideways level with the shoulders, and back again, several times.

(3) Stand with feet apart and arms stretched above the head, palms facing each other. Bend slowly forward, keeping the head between the arms, and the knees stiff. Then slowly raise head, arms and body to the original position. With practice you should be able to touch the floor with the finger tips.

(4) Stand with heels together, feet open and hands on hips. Bending the knee raise the right foot behind and try to touch the right thigh. Repeat with left foot.

(5) Stand with heels together, feet open and hands by sides. Bend the knees outwards and place the hands on the floor between them. Throw the feet backwards and assume the position shown in the photograph. Then spring the feet forward to the second position. Repeat these two movements several times and then straighten up to the standing position again.

:: THE TOILET AT NIGHT ::

Pay special attention when washing to cleansing the skin of all secretions of cream, powder, dust and natural oil. Beyond this, and any special treatment advised under the heading "Skin Blemishes" all that your complexion needs at night is a thorough patting with Ucal Cold Cream, which should be gently patted into the face with an upward movement all over. A little excess of cream can be left on the skin for absorption during the night.



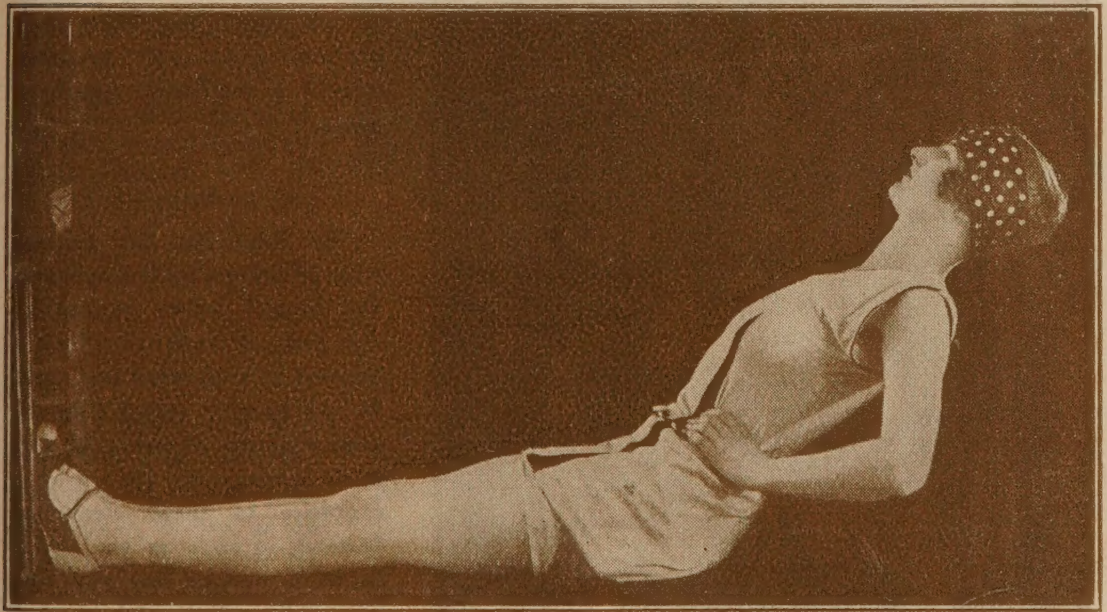
You can now put in a very valuable five minutes of scalp massage, a treatment all too rarely practised, but nevertheless of immense benefit in encouraging growth, preventing fall and retarding greyness. This should be done working upwards to the crown of the head from the nape of the neck, from behind the ears and from the forehead in turn. Knead the scalp gently all over with the tips of the fingers so that it moves freely up and down upon the skull. For this scalp massage there is no need to use any preparation when the

hair is in a state of health, but in cases where it needs nourishment it is advisable to rub in a small quantity of Ucal Hair Tonic when massaging nightly and to continue to do so for about three weeks.

Always give your hair a thorough but gentle brushing, following this massage. Start this treatment to-night and there is no doubt that you will be surprised and delighted with the results before many weeks have elapsed.

BEDTIME EXERCISES

Here are a few easy exercises for bedtime, which induce sound sleep, correct breathing, proper action of the internal organs during the night and an awakening free from stiffness and lassitude.



(1) Stand with heels together, feet open and hands on hips. Keeping the knee straight raise the left leg to the front, then sideways, then to the rear and then bring it back to the original position. Repeat this by describing a circle in the same way with the right leg.

(2) Lie flat on the back, hooking the feet under some firm piece of furniture. With hands on hips slowly raise the body and head in a straight line as in photograph until sitting upright. Then slowly lower the body again to the original position.

(3) Stand erect and turn the head slowly as far as possible to the left and right alternately, six times.

(4) Stretch the left arm straight above the head and the right one straight down by the side. Bend the body to the right, reaching up with the left hand and down with the right one. Straighten the body, reverse the arms and bend the body to the left in the same way.

(5) Shut the mouth, close the left nostril by pressing a finger against it and take several long, deep breaths, inhaling and exhaling through the right nostril only. Repeat through the left nostril with the right one closed. This is an excellent precaution against sleeping with the mouth open, snoring and taking cold during the night.



It is only necessary to realize that complexion blemishes may arise from external irritation of the skin or internal impurities of the blood, and their prevention and cure become largely a matter of common sense.

By following the general rules laid down for the morning and nightly toilets you avoid the risk of your skin being harmed by sun, wind and dust. If you have to spend a lot of your time out of doors, do not wash immediately after a long exposure to these elements. Instead, as soon as you come in, wipe the face carefully, rub in a little cream, and powder lightly. This is the best way to remove the smarting which washing at once would only increase.

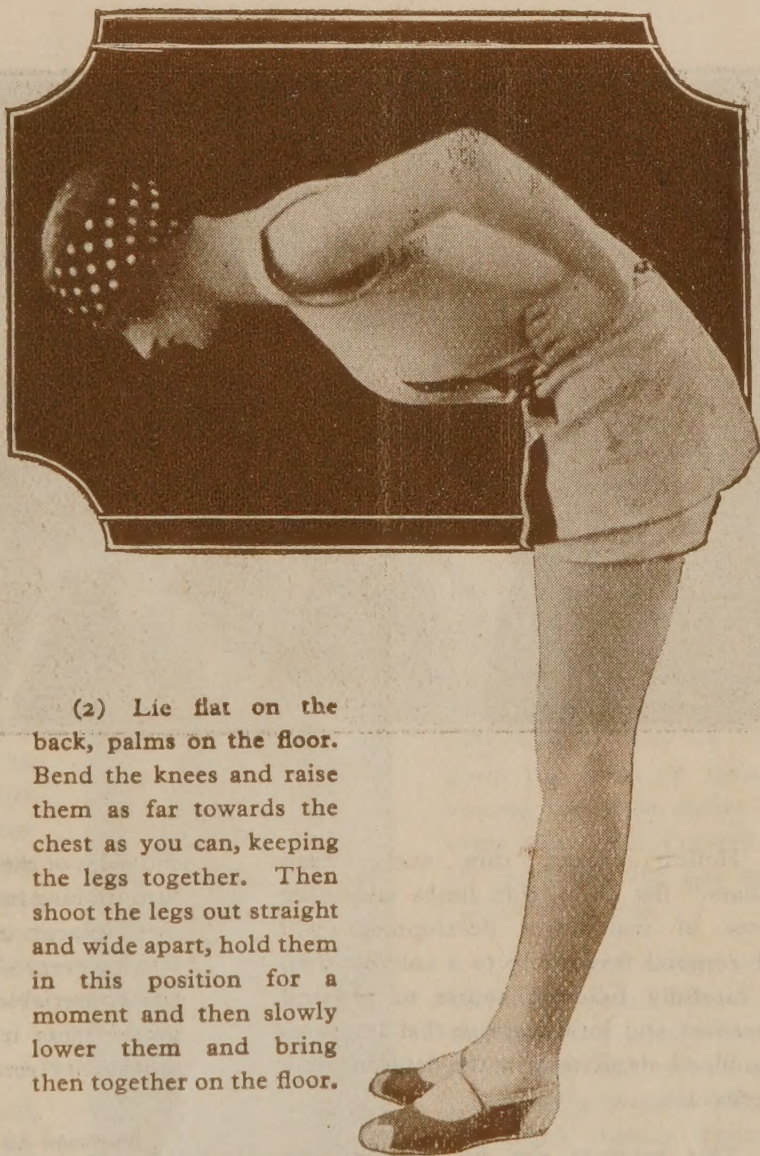
If subject to pimples, blackheads, and skin eruptions the diet is often at fault—eggs and bacon too regularly for breakfast, too much pastry at lunch, tea and supper, too many strong cups of tea and coffee, too much meat and greasy dishes and insufficient boiled fish, fruit, fresh greens and salt. Correct these faults as your first curative step. At night steam the face, rub in a little Eau de Cologne and take a

dose of Ucal Blood Mixture. Complexion troubles due to over-heating of the blood in spring and summer can be put right by sucking a few Ucal Sulphur Tablets each day.

To improve a rough skin or to make a dark skin whiter you will find Ucal Lemon Cream of marked effectiveness.

KEEPING RIGHT INTERNALLY

A poor complexion and eruptions of the skin are most frequently due to impoverished or impure blood arising from a deranged digestion and faulty or insufficient action of the eliminating organs. The following exercises may be added to the morning and evening ones and will be found a real help in overcoming these failings.



(1) Stand with heels together, feet open and hands down by the sides. Breathe in deeply, at the same time drawing in the abdomen as far as possible. Next, exhale slowly while releasing the tension on the abdominal muscles. Repeat four or five times.

(3) Stand with heels together, feet open and hands on hips. Keeping the head and body in a straight line bend slowly forward (as in photograph) until the body is parallel with the ground. Raise the body erect and next bend it slightly backwards. Repeat the two movements alternately.

(2) Lie flat on the back, palms on the floor. Bend the knees and raise them as far towards the chest as you can, keeping the legs together. Then shoot the legs out straight and wide apart, hold them in this position for a moment and then slowly lower them and bring them together on the floor.

(4) Stand in the same position as for No. 3, and bend sideways to the left. Straighten the body and repeat several times. Follow this by bending an equal number of times to the right.

HOW TO FILL OUT THE HOLLOW



Hollow cheeks, thin neck, "salt cellars," flat chest, thin limbs and other cases of insufficient development will all respond favourably to a suitable diet, a carefully followed course of physical exercises and local massage that improves the blood circulation in the deficient limb or feature.

This massage can be done at any convenient time. For the legs, arms, shoulders, and chest, pure olive oil is a very good emollient, while your usual creams are suitable for the face.

To fill out the cheeks and give them colour, pinch them gently all over several times whenever applying cream. Also rub them with a circular movement of the palms, upwards and backwards. To develop the neck, clench the fists and with the knuckles pat up and down the front

and sides of the neck. The shoulders need firm rubbing in small circles all over. Bust development calls for a gentle, circular friction every night for several weeks before any appreciable difference is noticed, but perseverance in this almost invariably has satisfactory results.

Massage to improve the development of forearm, upper arm and legs should always start at the lower joint and an upward pressure be exerted over the muscles in the direction of the flow of the blood towards the heart.

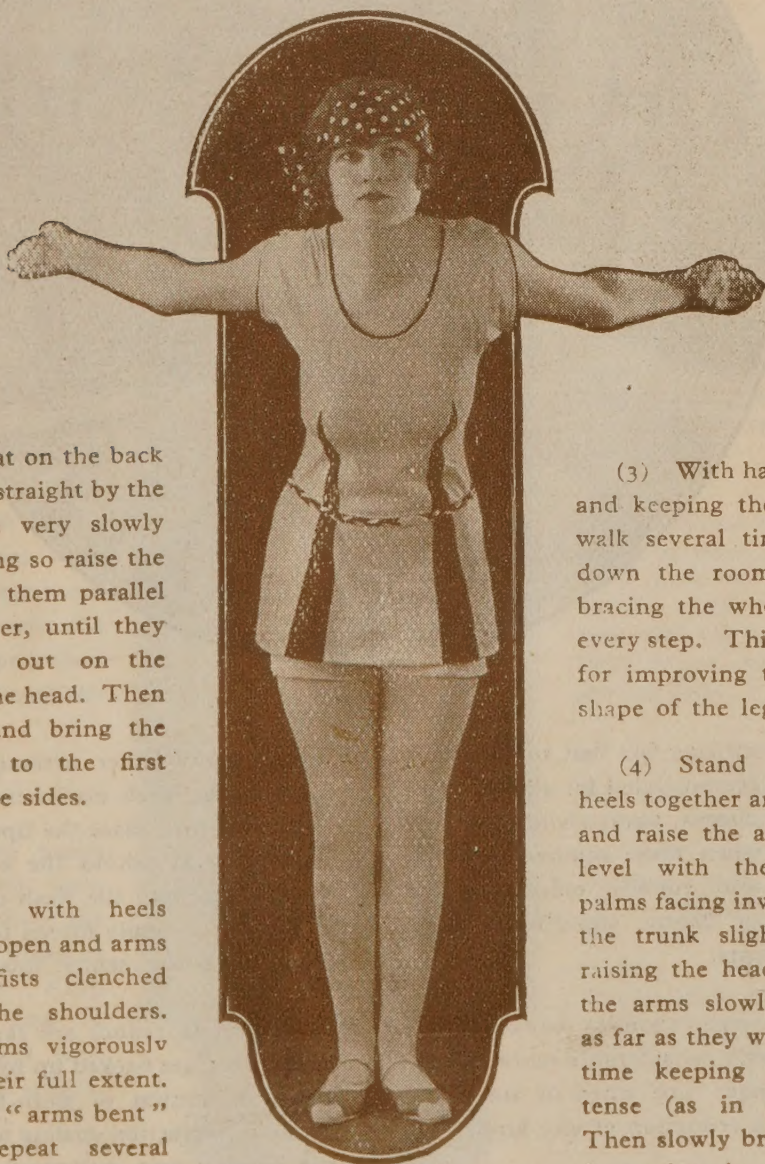
While seeking to put on more flesh, include in the diet a sufficiency of meat, cheese, peas, beans, lentils, cream, butter, sugar, milk, and eggs, which are the chief flesh-forming foods. Tea and coffee can well be avoided altogether.

DEVELOPING THE BODY AND LIMBS

Here are a few exercises that will encourage the growth of flesh on neck and shoulders and on thin arms and legs, and that will develop the bust to its best natural proportions.

(1) Lie flat on the back with the arms straight by the sides. Inhale very slowly and while doing so raise the arms, keeping them parallel with each other, until they are stretched out on the floor behind the head. Then breathe out and bring the arms slowly to the first position by the sides.

(2) Stand with heels together, feet open and arms bent, with fists clenched level with the shoulders. Shoot the arms vigorously forward to their full extent. Return to the "arms bent" position. Repeat several times in all directions, viz; forwards, sideways, upwards and downwards.



(3) With hands on hips, and keeping the knees stiff walk several times up and down the room on tiptoe, bracing the whole figure at every step. This is excellent for improving the size and shape of the legs.

(4) Stand erect with heels together and feet open, and raise the arms forward level with the shoulders, palms facing inwards. Bend the trunk slightly forward raising the head, and move the arms slowly backwards as far as they will go, all the time keeping the muscles tense (as in photograph). Then slowly bring the arms forward again and raise the trunk upright. Repeat several times.

BANISHING SUPERFLUOUS FLESH



It is a surprising fact that all the forms of massage recommended for adding more flesh to the cheeks, neck, shoulders, bust and limbs, when these require development, are also equally efficacious for getting rid of flabby, superfluous flesh when this exists.

The massage should, however, be carried out with considerably more energy and for a longer time when its aim is to bring about a reduction of any kind.

Perhaps one of the most common failings in this category is a double chin,

which many ladies without an ounce of superfluous flesh elsewhere possess. To overcome this, place the tips of the fingers on the neck behind the ears, press the thumb well into the flesh under the chin and massage firmly fifteen to twenty times away from the centre towards the ears.

Efforts to reduce are rarely successful unless they are backed up by strict dieting. Eat a minimum of flesh-forming foods given in the section dealing with improving the development, substituting for them a greater quantity of cooked and uncooked green vegetables and fruit, raw or stewed.

EXERCISES THAT REDUCE

Although they call for a certain amount of effort, the following exercises will repay anyone who wishes to get rid of superfluous flesh from the limbs, abdomen, shoulders, back, neck or chin.

(1) Stand erect, and, keeping the right arm quite stiff, whirl it round in a circle from the shoulder for about ten seconds. Repeat with the left arm only, and then with both arms together.

(2) Place the hands on the hips and walk slowly up and down the room, lifting the knees as high as possible. Keep the body erect and try to touch the chest with the knee at each step.



(3) Lie flat on the back, arms straight by the sides. Slowly raise the legs, keeping them together and the knees stiff. Raise them till they are at least vertical and then see how far you can continue towards touching the ground behind your head with your toes. Then bring back the legs, keeping the movement very slow throughout.

(4) Stand erect with hands at sides. Lower the head until the chin rests on the chest. Raise the head and bend it as far back as you can. Repeat several times.

(5) Inhale slowly and deeply while rising on the toes and raising the arms sideways and upwards until the backs of the hands touch above the head (as photograph). Breathe out slowly while moving the arms sideways and downwards and lowering the heels.

Beautiful Hair

Simply attained
Easily retained



3^{D.}

It is worth every woman's while to find out exactly which of the many cleansing preparations best suits her own tresses and scalp. The condition of the scalp and hair roots is of course all-important.

Ordinary soap should never be used to wash the hair, as it has a decided tendency to dry on the scalp, clogging the pores and causing scurf or dandruff.

Ucal "Shampooa" is the last word in shampoos. This preparation suits nearly everyone, and the price, 3d., brings it within everyone's reach.



In Shampooa, the Super Shampoo, you have everything which a real good shampoo should be—it cleanses, brightens, softens—and adds new life to one's hair and also frees the scalp from all dandruff. Delightfully perfumed.

SHAMPOODA

The Super Shampoo



*Your Hair becomes
twice as beautiful
when stimulated
this way*

PRICES:

1/3;
2/3 & 4/-

A GOOD head of hair is too valuable an asset to be neglected, too much of a treasure to be carelessly treated.

Poor hair may be made beautiful—lovely hair made more charming if given proper attention.

The two chief essentials for a good head of hair are:—

- 1.—**BRUSHING.** Nothing is so good for weak or falling hair as a hard brushing for five to ten minutes twice a day.
- 2.—**UCAL HAIR TONIC.** A patient use of this splendid Tonic, massaged well into the scalp daily, will have a most beneficial effect on the most obstinate case of falling hair.

If your hair is weak or falling—if it lacks life and lustre—start immediately and put it right by using—



**HAIR
TONIC**



Medical Guide

Household Hints

Airing Beds. Place a hand mirror between the sheets—if, when withdrawn, it be misty, bed should be aired.

Aluminium, to clean. Do not use soda, as this quickly eats away the metal. Plain soap and water will usually be found quite effective.

Ants, to remove. Take advantage of their dislike to lemon juice—cut up a lemon in slices and place round the spot from which they enter. A few applications will remove the nuisance.

Blankets, to wash. Stock liquid 2 large tea-spoonfuls of borax to 1 pint of soft water. Place two blankets in water, then add above quantity of borax solution, allow them to soak overnight, then next day rub, drain and rinse in two changes of water, then dry (Do not wring them)

Bloodstains, to remove from clothing. Soak in several changes of cold water, or sponge lightly with warm water in which has been placed a few drops of ammonia. Then wash in the ordinary way.

Boots. To Waterproof Welts, Soles, and Uppers. Mix two parts beeswax with one part mutton fat, and apply to leather at night. Polishing will be more difficult at first on top of this dressing, but after one or two cleanings the shine will come brighter than ever.

Boots. To soften, remove squeaks, and preserve. Wash first in warm water and then rub in castor oil.

Boots, care of. For comfort, economy, and appearance it always pays to buy the best footwear. The same pair should not be worn every day, an occasional rest—on trees—is very necessary. After a wetting leather requires very careful drying, and it is best done on trees. Get repairs done in good time so that the fit of the uppers is not spoilt by being strained; uneven heels pull the best footwear out of shape.

Bottles, to clean. Boil equal parts of soda and quicklime in water. When cold,

pour into the bottles and shake well—the addition of small shot or sand helps to remove the dirt. Dry thoroughly when well rinsed out.

Brass Candlesticks, to clean. Mix together two pints of the soda and quicklime stock solution with 2 ozs. of alum. Soak the candlesticks well, then drain off and polish.

Brass Ornaments. Wash thoroughly with Ucal Cloudy Ammonia, use a brush to get into the ornamental portions. Rinse in clean water, dry, and polish with a clean wash-leather.

Bronze is best cleaned with pulverised whiting. To impart the correct colour, rub the surface with a paste made of plumbago and saffron, finish by heating before a fire (wood for preference).

Brown Boots, to remove stain. Rub well with a piece of lemon or banana skin. Apply polish with a soft cloth and rub well in, then finish off with brush and velvet.

Brushes, to wash. First comb the hair from the bristles, then dip them into boiling water, to which a pinch of soda has been added. Keep the backs and handles as dry as possible. Rinse the brush in cold water, dry the backs but not the bristles. Set to dry near a fire. Do not use soap or wipe the bristles.

Carpet Beating. Always beat on the wrong side first, and then more gently on the right side.

Carpets.

Daily Cleaning. Use a vacuum cleanser if possible, as it is more efficient and entails less wear than any other method. If a carpet must be brushed, be careful to do so the way of the pile. Tea leaves or fresh grass strewn over the carpet prevent the dust from being scattered.

To remove ink. Wash the spot stained immediately with milk. Pour the milk on to the stain and rub vigorously with a piece of clean flannel.

Medical Guide

To remove grease. Put down at once a mixture of flour and whitening to prevent spreading, leave this for a time to soak up as much as possible, then clean with a flannel dipped in turpentine.

Carpets, to restore colour. Mix in a bucketful of hot water a tea-spoonful of common salt, and half pint of ox-gall. Rub this solution well into the pile with a soft brush, wash the lather and dirt away with clean cold water, and rub dry with a fresh cloth.

Chamois Leather. *To clean.* Soak in a pint of water to which three table-spoonfuls of Ucal Cloudy Ammonia have been added. Press out the dirt, rinse well, and dry in the shade.

Children's Clothing, to render fire-proof. Linen, cotton, muslins, etc., when dipped in a solution of tungstate of soda, or common alum, will become incombustible. A little alum should, therefore, always be added to the rinsing water.

Chimney on Fire. Exclude all draughts by shutting doors and windows, and blocking up crevices; throw salt on fire.

Cinders. In every household where coal fires are used to any extent, it pays to have a good up-to-date cinder sifter. The saving effected day by day is very considerable, and soon repays the cost of the equipment.

Combs, to clean. Get a fine hard brush and remove all dirt by brushing it away, then wipe with a cloth.

Cupboards. *To remove damp.* Place a box of quicklime inside, shut the door tightly, and leave for a few days, when the moisture will all have been absorbed.

Dresses. *Coloured, to wash.* Soak for two hours in a strong salt solution to which has been added a pinch of alum. This will

"set" the colours and prevent running of embroideries, etc.

Eggs, to preserve. It is a good plan to preserve sufficient eggs in the spring to last through the winter, and if the process is carried out properly no fear need be entertained that the eggs will be spoilt. Get Ucal Water Glass from your chemist, and follow the directions carefully. An earthenware jar, a large bowl or a bucket will do, and this should be covered over with a cloth. Wash the eggs before use, and puncture the shell with a needle before boiling.

Flannels, to Shrink. Before being made up, they should be well soaked, first in cold, then in hot water.

Eiderdown Quilts, to wash This light, fluffy material requires most careful washing, and needs the preparation beforehand of a quantity of clean soap suds in a separate vessel. The suds should be squeezed through the quilt time after time until the dirt is all washed away. Then three or four changes of rinsing water are necessary before drying can be commenced. Drying should be slow and even, whilst frequent shakings improve the softness and fullness of the stuffing.

Flannels, washing. Ammonia added to the water is a good thing; use two table-spoonfuls to the bucket. Only pure white soap should be used, and it must be free from soda. During the soaking process, cover up the tub to keep in the steam, and always squeeze the material instead of rubbing.

Flies. The household fly is distinctly a household enemy, and should be discouraged from entering the house by every possible means. Use a dust and rubbish bin with a cover, and see that this



PRICE
4½d.
per box.

Ucal Morning Salt.

FEW of us get sufficient regular exercise. So, every now and then, most of us become sluggish and depressed. A little Morning Salt before breakfast will soon put you right and brighten your spirits. Excellent for Liver and Kidney troubles.

Medical Guide

always fits, and that the bin is emptied at frequent intervals. If you use fly papers they can be just as effective in inconspicuous places.

Fruit Stains, to remove. Spread the stained material over a basin and rub common salt well into the fabric. Then pour boiling water on. This method is applicable to all coloured fabrics except those with any fugitive dyes.

Furs, care of. The best way to keep furs during the summer is undoubtedly in a special cold storage. If this is too expensive or not available, a tin-lined wood chest is a good substitute. Sprinkle Naphthaline Balls freely amongst the furs.

Gas Globes, to clean. Scrub well with a solution of curd soap and soda, afterwards rinsing in warm water, stand the globe upright and allow to drain and dry without wiping. The inside may be polished afterwards with a soft clean cloth.

Gas Mantles, to remove. Stick a hat pin carefully through the cord and gently lift the mantle off the forked support. The mantle can then be lowered into a large tumbler or jug and, supported by the pin, left in safety whilst any necessary cleaning of the fittings is carried out.

Gilt Frames, to clean and renovate. Shake up in about one pint of water a little flowers of sulphur until the water becomes yellow, then boil in it three or four onions, crushing them so as to extract as much juice as possible. Strain the liquid when cold and paint with a brush the old or dirty frames.

Glass, to remove stains. Fill vessel with a liquid consisting of equal portions of vinegar and salt; shake well at intervals and continue until stains are removed. Wash and rinse in usual way.

Glass should always be washed in cold water, which gives it a much clearer and brighter look than when cleansed with warm water.

Glass Stopper in Bottle, to loosen. Press the thumb against crown of stopper, and tap the neck of the bottle on the opposite side, with a coin—preferably a penny.

Gloves, Cleaning.

White Kid. The removal of spots or smudges may be successfully accomplished by rubbing them with cream of tartar. Benzine and breadcrumbs are also useful for removing very dirty marks.

To wash them, make a strong solution of curd soap in warm water and soak in that a piece of flannel. Smooth out the glove on some hard, smooth surface, such as the bottom of a basin, and rub out the dirt with the flannel. The fingers must be turned, and care taken to cover every part of the glove, cleaning and rinsing the flannel from time to time. To dry the gloves, pull them out to shape without rinsing and lay them on a clean towel, preferably in the sun.

Chamois, or Washleather. Rub out grease spots with cream of tartar, then soak the gloves for an hour in warm soap suds to which a very little ammonia has been added. Squeeze all the dirt out, rinse well, then dry slowly, rubbing occasionally to prevent the leather becoming stiff.

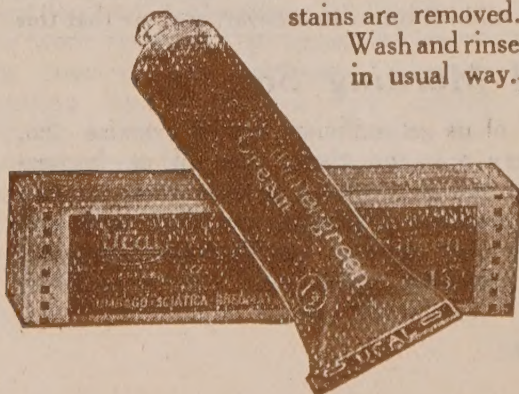
Gold and Silver Embroidery, to clean. Spirits of wine, either pure or mixed with water, cleans and brightens—also gin may be used with equal success.

Hot Water Bottles (Indiarubber), care of. Do not use boiling water, put near a fire or fold up. When not in use these bottles should be carefully drained, dried, and stored in soft tissue paper or hung up in a cool place.

Ucal Menthol and Wintergreen Cream

STRONGLY recommended for Rheumatism, Sciatica, and Lumbago. Very effective,

PRICE 1/3 and being non-greasy, is per tube. pleasant to use.



Medical Guide

Ironmould Stains, to remove. Get a small quantity of Eau de Javelle from your chemist and soak the stain out by dipping the part to be treated in a saucerful of the liquid. All traces must be washed away immediately.

Ivory, to clean. Make a paste of prepared chalk, sal volatile and olive oil, rub it on with a wash leather, leave to dry in the sun, and then brush off and polish.

Knives. The introduction of stainless steel has saved every housewife much tedious cleaning. For those who still have some ordinary knives in use the following tip will be useful. Keep a jar of hot soda solution ready and plunge the blades in as soon as possible after use. Be careful not to dip the handles, which should be cleaned separately by means of a cloth wrung out in warm water. Powdered charcoal is very useful for imparting a high polish.

Lace. Should be kept in blue tissue paper to protect it from the light. Washing must be very carefully done, squeezing rather than rubbing should be resorted to in order to get rid of the dirt. To dry, pin out on a clean white muslin cloth.

Lamps, Oil. Should be kept full and when not in use have the wick turned down below the top of the wick holder. Trimming is best done by rubbing—cutting spoils the wick. Clean chimneys with spirit as it prevents cracking.

Lemons, to preserve. Lemons keep very fresh and juicy if placed in clear, cold water which must be changed every few days.

Linen, to whiten. Put two or three slices of lemon in the boiler with them—this will both whiten, and remove stains.

Linen, wine stains. Hold the article in milk while it is boiling, and the stains will soon disappear.

Linoleum, to preserve. This should never be treated with soap or soap powders. The daily dusting should keep it perfectly clean if it is treated with this method about once a month. First wash over with warm water and dry thoroughly with a clean rag. Then rub in a little warm linseed oil and polish with a soft cloth.

Looking Glasses. Dust over the surface with the finest sifted whiting, having previously removed all dirt. Now polish with a soft cloth—silk is best for this work. If spirit of wine is used to remove spots great care must be exercised to avoid touching the frames or gilding.

Marking Ink, to remove. Get ready two vessels, one containing a solution of chloride of lime and the other liquid ammonia. Immerse the marked portion of material first in the chloride of lime until the letters turn white, then quickly plunge it into the ammonia, leave for two or three minutes, then rinse in clean water.

Matting. Should not be washed, but cleaned by applying coarse salt and tepid water, afterwards wiping dry.

Moths, to guard against. Summer clothes put away for the winter, or furs stored during the summer, and all spare blankets, etc., should be carefully guarded against the ravages of moths. Do not trust to any second-hand furniture without first scrubbing it out with tobacco liquor and spirits of camphor to kill any possible moth's eggs. Aromatic herbs, camphor, naphthaline, etc., are used to lay in drawers and chests to keep moths away. A very efficient and convenient preparation is "Antimo," a "Ucal" Product more reliable than the old ones.

Paint, to remove stains of. Rub gently with a rag dipped in spirits of turpentine.



PRICE
9d. and 1/3
per jar.

Ucal Super Cold Cream.

AN old-fashioned recipe still a great favourite with those who really value a good complexion. It is prepared with all the care and attention devoted to the latest and most complicated cosmetic. A veritable luxury for the skin, and a perfect safeguard against rough winds and the Springtime changes in the atmosphere.

Medical Guide

Paint, care of—Unvarnished Paint. Wash carefully with slightly soapy soft water; use a good white soap which is free from soda, work downwards and rinse in warm water, dry with soft rag. Polish with dry chamois leather.

Paint, to remove smell of. Sprinkle a handful of chopped hay on a bucketful of water and let it stand in the room.

Varnished Paint. Proceed as above but use cold water.

Paraffin Lamps, to prevent smoking. Place a lump of sugar in the bowl at the time of filling with oil.

Pianos, care of. Keep free from damp by having a fire in the room frequently in wet weather, and drawing the instrument away from any wall. Do not load the top with ornaments which are apt to rattle. Keep well polished and the keys free from grease and stains. A good method of restoring the colour to the keys is to clean them with spirits of wine.

Plated Ware, to clean. Wash as soon as the pieces are removed from the table, in water to which a tea-spoonful of ammonia has been added, and a little Soap. Powdered magnesia can be used for polishing, and the article carefully finished with a chamois leather.

Rust, to prevent. Dissolve half oz. of camphor in 1 lb. of lard, then mix in as much black lead as is required to give it the colour of the metal to be treated. Clean the iron or steelwork well before applying, then leave for twenty-four hours and finish off with a clean cloth. New tinware should be covered with lard and well baked in the oven before being used. This makes it last longer, if repeated occasionally will keep the rust away.

Screws, to loosen. Run a drop of kerosene round the head and leave it for a few minutes, the screwdriver should then easily remove it. A red hot iron held for a moment or two on the head will sometimes loosen a screw which has been rusted in.

Silk, to restore colour. When colour has been taken from silk by acids, it may be restored by applying to the spot a little Hartshorn or Sal Volatile.

Sponges, to clean. Dissolve three ozs. of bicarbonate of soda in a quart of water. Leave the sponge in this for a day. Then take it out and soak it for a couple of hours in half a gallon of water to which has been added a wine-glassful of muriatic acid. Rinse in clear water for some time and dry in strong sunlight.

Tea Stains, to remove from table-cloth. Rub a little of the best glycerine in before washing.

Umbrellas, care of. A good umbrella deserves a great deal more attention than it usually gets, and is nowadays far too expensive an item to neglect. Before using a new one, rub a little vaseline into the hinged portions of the frame. This will prevent rust and ensure easy opening and closing. Always dry an umbrella by standing it on the handle so that the water will not collect at the ferrule end.

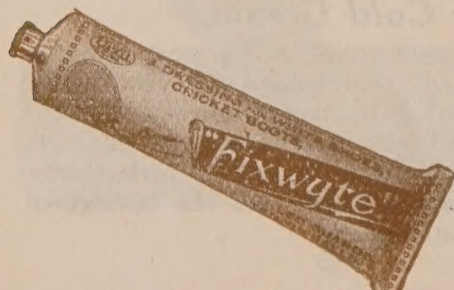
Wall Paper, to clean. Use either oatmeal, breadcrumbs, or dough. Whatever material you are using, you must begin at the top and work down each piece of paper separately.

Washing Day. A tea-spoonful of paraffin in a tubful of clothes ready for washing, will considerably lighten the work.

Dressing for White Shoes.

THIS wonderful new discovery supersedes the old-fashioned pipe-clay water and other liquid preparations. No water required. Dries a most brilliant white in a few minutes. Will not crack or rub off.

PRICE
9d.
per tube.



The Year in the Garden

January.

Manure, dig, and trench the ground. Protect plants from frost, especially strawberries and raspberries. Sow potatoes, early peas, beans, and radishes.

February.

Remove covering from strawberries; fasten raspberries to stakes. Put litter over sea kale and rhubarb. Later peas, broad beans, cauliflowers, may be sown. Transplant and sow cabbages.

March.

Stir the soil between the rows of strawberries and raspberries, and prune the latter. Protect potatoes from frost. Sow vegetables. Prune wall trees. The tender annuals are to be sown in hot-beds. Hardy annuals may be sown in the open ground, and transplanting of all kinds of plants, shrubs, etc., may now be done.

April.

Plant potatoes and later cauliflowers. Stir the soil about onions and radishes, stick peas, sow beans, carrots, beet, and turnips. Thin out parsnips. Stocks may be sown in the open ground.

May.

Protect young vegetables from frost and blight. Stir the soil about sea kale and cauliflowers. Take up radishes. Sow peas and kidney beans for succession. Sow scarlet runners. Thin out carrots. Litter over the early turnips. Plant out lettuce and celery.

June.

Take up new potatoes. Keep strawberries off the ground and well watered. Plant out celery. Hoe weeds, stick scarlet runners. Thin out carrots and parsnips, sow turnips. Put out dahlias, geraniums, petunias, etc. Roses require a good deal of attention.

July.

Dig over ground cleared of potatoes, and plant early turnips. Earth up celery. Clear ground of peas. Cherries, peaches, and plums may now be budded. Cuttings of pansies may be made.

August.

Clear litter, runners, and weeds from strawberries and raspberries, and apply liquid manure. Take up onions. Sow Tripoli onions for spring. Chrysanthemums will be better for some strong liquid manure.

September.

Remove haulms of peas, beans, etc., and give space to savoys, broccoli, etc. Clear away weeds. Plant spring cabbages and cauliflowers.

October.

Take up carrots. Tender plants should now be taken up and potted. Lift variegated geraniums with great care. Hyacinths, tulips, and crocuses may now be planted. Daisies, snowdrops, wall-flowers, sweet williams, etc., may be planted.

November.

Put stable manure between the rows of strawberries and raspberries; cut off runners and old canes. Protect broccoli from sharp frosts. Keep cabbage plants free from slugs. Early peas, beans, and radishes may be sown. Take up potatoes and other kitchen roots. Transplant roses and shrubs. Supply chrysanthemums liberally with liquid manure.

December.

Prune gooseberry and currant bushes. Cover up celery with dry litter. Dig up, ridge, and manure vacant ground, as this is the month in which the least can be done in sowing or planting. All leaves from trees, etc., should be collected.

Weights and Measures

Lineal Measure.

4 ins. make	1 Hand	5½ yds. make	1 Rod,
9 " "	1 Span		Pole or Perch
12 " "	1 Foot	4 Poles make	1 Chain
3 feet "	1 Yard	10 Chains "	1 Furlong
5 " "	1 Pace	8 Furlongs	1 Mile
6 " "	1 Fathom	3 Miles "	1 League

1.151 Miles make 1 Knot.

A Mile varies in different countries :—

	yds.		yds.
England	1,760	Ireland & Scotland	1,984
Italy	2,025	Russia	1,167
Spain	6,600	Germany	8,239
Sweden	11,067	Hungary	9,113

France measurement is Mean League of 3,666 yards.

Square or Land Measure.

144 Square Inches	=	1 Square Foot
9 " Feet	=	1 " Yard
30½ " Yards	=	1 " Perch
40 Perches	=	1 Rood
4 Roods	=	1 Acre
640 Acres	=	1 Square Mile

An Acre equals 4,840 Square Yards.

Troy Weight

3.17 Grains	=	1 Carat
24 " "	=	1 Pennyweight
20 Pennyweights	=	1 Ounce
12 Ounces	=	1 Pound
100 Pounds	=	1 Hundredweight

The standard for gold coin is 22 carat fine gold and 2 carats alloy; for silver 11 oz. 2 dwt. silver and 18 dwt. alloy.

Apothecaries' Weight

20 Grains ...	...	=	1 Scruple
3 Scruples (60 grs.)		=	1 Drachm
8 Drachms (480 grs.)		=	1 Ounce
12 Ounces (5,760 grs.)		=	1 Pound (lb.)

Drugs are compounded by this weight.

Drugs are compounded by this weight.

Avoirdupois Weight

16 Drams ...	=	1 Ounce (437.5 grs.*)
16 Ounces ...	=	1 Pound (lb.)
14 Pounds ...	=	1 Stone (†)
28 Pounds ...	=	1 Quarter
112 Pounds ...	=	1 Hundredweight (cwt.)
20 Hundredwts. ...	=	1 Ton

*A grain is the same in all weights.

†Butcher's Stone is 8 lb.

By Avoirdupois are weighed the larger and coarser kind of goods, such as groceries, cheese, butter, meat, corn, etc.

Measures of Capacity—Dry Measure

1 Minim	...	=	1 Drop
1 Dram	...	=	1 Tea-spoonful
2 Drams	...	=	1 Dessert-spoonful.
4 "	...	=	1 Table-spoonful
60 Minims	...	=	1 Dram
8 Drams	...	=	1 Ounce
20 Ounces	...	=	1 Pint (nearly $\frac{1}{2}$ litre)
4 Gills*	...	=	1 Pint (34.659 c. in.)
2 Pints	...	=	1 Quart (1 and one-tenth litre)
2 Quarts	...	=	1 Pottle
4 "	...	=	1 Gallon (277.274 c. in.)
2 Gallons	...	=	1 Peck
4 Pecks (8 gal.)	...	=	1 Bushel (1.2837 c.ft.)
2 Bushels	...	=	1 Strike
3 "	...	=	1 Sack
4 "	...	=	1 Coomb
8 "	...	=	1 Quarter
12 Sacks	...	=	1 Chaldron
5 Quarters	...	=	1 Wey or Load (51,347)
10 "	...	=	1 Last

An Imperial Gallon of distilled water weighs 10 lbs. Avoirdupois.

A wine-glass holds about 2 oz.; a tea-cup about 3 oz.

* In the North of England half a pint is called a gill and a true gill a "noggin."

Corn is sometimes sold by weight. The average weight of a bushel of barley is 47 lb., oats 38 lb., wheat 60 lb.

Wines and Spirit Measure

4 Gills	...	...	=	1 Pint
2 Pints	...	...	=	1 Quart
4 Quarts	...	...	=	1 Gallon
3½ Gallons	...	...	=	½ Hogshead
63 " "	...	...	=	1 Hogshead
84 " "	...	...	=	1 Puncheon
2 Hogsheads	...	...	=	1 Pipe
2 Pipes	...	...	=	1 Tun

Measure of Space—Angular Measure

60 Seconds	...	...	=	1 Minute
60 Minutes	...	...	=	1 Degree
30 Degrees	...	...	=	1 Sign
45 "	...	...	=	1 Octant
60 "	...	...	=	1 Sextant
90 " (a right angle)			=	1 Quadrant
180 "	...	...	=	1 Semi-Circle
360 "	...	...	=	1 Circle

Selected List of Ucal Specialities

THERE is a Ucal Product to meet every requirement in Medicine, Toilet Requisite or Drug. If you don't find listed here what you are wanting, ask your Ucal Pharmacist to get it for you

Ammoniated Cinnamon Inhalant	1/3	Emulsion, Petroleum	1/6, 2/9, 5/-
Anaemia Mixture	1/3	Extract of Malt (Ucal)—	
Antiseptic Dusting Powder	1/-	Jars	1/-, 1/6, 2/9, 5/-
„ Talcum „	1/-	Extract of Malt with Cod Liver Oil—	
Asthma Fume	1/6	Jars	1/-, 1/6, 2/9, 5/-
Back and Kidney Pills	3d.	Eye Lotion	1/3
Baby Powder	1/-	Eye Ointment	6d., 1/9
Baby Cream	1/-	Fever Cure, P.J.F.	1/-
Balsamic Elixir	1/3	Foot Powder	6d., 1/-
Bath Crystals (perfumes—Lavender, Rose, Violet, Cologne and Verbena)	1/9, 3/-, 5/-	Formalin and Mint Tablets	1/-
Bath Powder (water softener)	2d.	Foster's Infant Powders	1/-
Bath Salts "Joy Walk"	1/3	Fruit Juice	7½d., 1/-, 1/6
Bay Rum	10½d., 1/6, 2/9	Gargle, Astringent Rose	1/3
Bismuthated Magnesia	1/3, 2/-	Glycerine and Cucumber	1/-, 1/9
Blaud's Pill—Gelatine Coated	1/3	Glycerine, Lemon and Honey	1/-
Pearl „	1/3	Glycerine Suppositories—	
Blood Mixture	1/3, 3/-	Infants'	10½d
Boric Ointment	2d., 4d.	Children's	1/-
Brilliantine	9d., 1/3	Adults'	1/6
Bronchial Lozenge	9d., 1/6	Glycerine of Thymol 1/-, 1/5, 1/9, 3/-	
Capitas Headache Powders	2d.	Gout and Rheumatic Mixture	1/3
Capsicum Tissue	9d., 1/6, 2/6	Gripe Mixture	1/3
Cascalax	9d.	Hair Tonic	1/3, 2/3, 4/-
Chelspa	1/3, 2/-	Health Salt	8½d., 1/4
Chilblain Paint	1/-	Head and Stomach Pills	3d.
Chlorodyne	9d., 1/3	Hepatic Salt	2/6
Children's Chest and Lung Balsam	1/3	Hyd. Peroxide—10 volumes	1/-
Cinnamon and Quinine	1/-	„ „ 20 „	1/3
Cloudy Ammonia	10½d., 1/3	Indigestion Mix., Guy's Hosp.	1/3
Cod Liver Oil	from 1/-	Iodized Throat Lozenges	8½d., 1/3
Cold Cream	2d., 3d., 9d., 1/3	Joy Walk Foot Tablets	9d.
Cold and Influenza Mixture	1/3	Junket Tablets	9d.
Cologne, for the bath	2/-	Kapsal Powders	1/-
Corn Plaster—Mulberry Leaf	7½d.	Kidney Pills	1/-
Corn Ointment "Joy-Walk"	4d.	Lavender Water	2/3, 4/-
Corn Paint—Pax	9d., 1/3	„ for the hand-bag	1/6
Dental Paste "Super"	1/-	Lemon Crème	1/-
Diarrhoea Mixture	1/-, 1/9	Lemonade Powder	3½d.
"Dopo" Insect Killer	5d., 9d.	Liquid Paraffin (Medicinal) from 10½d.	
Dry Shampoo Powder	3d.	Lysol (Ucal Brand) 10½d., 1/6, 2/9, 4/9	
Ear Drops, Golden	1/-	Magic Toothache Cure	6d.
Eau de Cologne	from 2/3	Marienbad Tablets (Anti-Obesity)	2/6
„ „ for the handbag	1/6	Malted Food	1/3, 2/-
Embrocation, World's	1/3, 2/-	Menthol and Wintergreen Cream	1/3
Emulsion Cod Liver Oil, 1/-, 1/6, 2/9, 5/-		Morning Salt	4½d
„ with Parrish's Chemical Food, 1/6, 2/9, 5/-		Nazol (nasal cream)	1/-
		Neuralgia Mixture	1/6
		Nit Ointment	6d.
		Nursery Hair Lotion	1/-, 1/9
		Nutritive Tonic (Children's)	1/6, 2/6

Ucal Specialities—continued.

Oatmeal Cream	1/-, 1/9	Stainless Iodine Ointment	1/3
Ointment, Ucal	1/3, 3/-	Sunburn Lotion	1/6
Orange Quinine Wine	3/4	Super Brilliantine	2/6
Olive Oil, for table use	10½d, 1/6, 2/6	Sutu (Indigestion Tablets)	1/3, 3/-
Olive Oil and Malt Extract	2/-, 3/6	Syrup of Figs	1/1½, 2/-
Pan Pep, for Indigestion	1/3, 3/-	Syrup of Hypophosphites	1/3, 2/-, 3/6
Parrish's Chemical Food	from 9d.	Toilet Paraffin	1/-, 1/9
Phosphorus and Quinine Tablets	7½d.	Toilet Powder, Borated Zinc & Starch	6d.
Pine Inhalant	8½d.	Toothache Drops	9d.
Pine Lung Tonic	1/3, 2/6	Tooth Powders—	
Pile Ointment	1/3, 3/-	Peroxide, Smokers', Thymol, Carb.	
Pin Halo	1/3	and Quinine, Formalin	6d.
Quinine and Iron Tonic	1/3, 2/3	Tucalia Toilet Cream	1/9
Resorcin Ointment	1/6	Ucaloids (Menthol and Liquorice	
Saline (Fruit)	1/9	Pellets)	4½d.
Sanitary Fluid	1/3, 2/-	Vani-Sha (Vanishing Cream)	1/3, 2/-
Seidlitz Powders, lemon flavour	3d.	Violet Powder	2d., 6d. & 1/-
Shampoo	3d.	Wart Charmer	1/-
Shampoo Foam	2/3	Water Softener	10½d., 1/6
" Powders (Henna)	3d.	Whooping Cough Embro. P.J.F.	1/3
Shampoo, Coconut Oil—		" Mixture, P.J.F.	1/3
Liquid	1/3	Wind and Indigestion Pills	3d.
Powder	3d.	Witch Hazel Extract	1/-
Shaving Soap	1/-	Worm Cakes	2d. and 3d
Smelling Salts	1/-	" and Aperient Powders	1/3
Soap Dentifrice	6d.	Zinc Ointment	2d., 4d.
" Medicated	10½d.		

THE Prices quoted above are those ruling at the time of going to press, and are subject to variation without notice.

UCAL Prices are notably the lowest possible. Buying, as they do, co-operatively, the 4,500 British Chemists, who constitute The United Chemists' Association Limited, are naturally able to give the utmost value.

IMPORTANT TELEPHONE NUMBERS

Doctor	...	...	
Nurse	...	...	
Fire Station	...	...	
Father's Office or Works			
Hospital	...	...	
Your Chemist	...	...	

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